



Be... Active, Playful, Creative
**Programs
& Events**

NEW!

**FITNESS
CLASSES**

PAGE 10

*Easter
Egg Hunts*

PAGE 9 & 25

REGISTRATION STARTS
TOWN OF HERNDON
10
FEBRUARY
FEBRUARY
16
NON-RESIDENTS

SPRING 2016

Recycle After June.

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Herndon Community Center Hours

Monday – Friday 6:00am-10:00pm

Saturday 7:00am-6:00pm

Sunday 7:00am-7:00pm

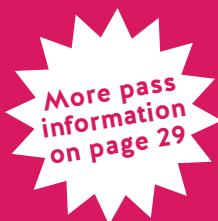
No admittance to the building a half hour before closing.

Holiday Hours

Easter Sunday, March 27 11:00am-6:00pm

Memorial Day, May 30 8:00am-8:00pm

Daily Admission Rates



	TOH / NR
Adults	\$6.50 / \$7.50
Seniors	\$5.25 / \$6.25
Youth	\$5.25 / \$5.50
Family*	\$18 / \$22.50

*Up to 5 family members,
2 adults maximum

Parks & Recreation Office Hours

Monday-Friday 8:30am-5:30pm

Office Closed – Monday, May 30

Understanding Our Class Format

TOH - Town of Herndon rate and requires ID
with address for every transaction

NR - Non-Resident rate

NEW!	New this Season
DROP-IN	No Registration Required
NOR	No Online Registration
OR	Ongoing Registration

NUMBER OF CLASSES	LENGTH OF CLASS	DATES NO CLASS HELD		
#, ## minute classes			no class ###/##	
M	5:30-7:30pm	1/3-6/30	\$00 / \$00	500000.00
DAY(S)	START-END TIME	START-END DATE	COST FOR TOH / NR	ACTIVITY NUMBER



Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

How To Register

Choose one of four ways to register. For Mail & In-Person options fill out the registration form on page 31 and find registration information on page 30.

1 ONLINE herndon-va.gov/webtrac



2 IN-PERSON/DROP OFF

Herndon Community Center
814 Ferndale Avenue
Herndon, VA 20170

3 MAIL

Herndon Parks and Recreation
PO Box 427
Herndon, VA 20172-0427

4 FAX

703-318-8652
Hearing Impaired Relay
1-800-828-1120 TDD

97% of people surveyed said the Herndon Community Center and programs are significant to the quality of life in Herndon.

What's Special *Be... Active, Playful, Creative*

Kids' Trout Fishing Derby

SATURDAY, March 12, 8:00am-12:00pm

Herndon Parkway & Sugarland Run Trail Page 32



Ice Breaker 5K Race

SUNDAY, March 13, 8:00am

Herndon Parkway & Sugarland Run Trail Page 24

Aqua Egg Hunt

SATURDAY, March 19, 1:30-4:20pm

Herndon Community Center Page 9



Easter Egg Hunt

SATURDAY, March 26, 9:30am

Town Green Page 25

Bike to Work Day

FRIDAY, May 20, 6:00am-7:00pm

Town Hall Green Page 24



Herndon Festival

THURSDAY, June 2 - SUNDAY, June 5

Downtown Herndon Page 25

Program Highlights:

- » **NEW!** Aqua ZUMBA® & ZUMBA® Gold
- » BODYPUMP™ on Thursday evenings
- » **NEW!** Small Group PT- Kettlebell Class
- » Cheer Class
- » Now offering more daytime classes for Homeschool families in aquatics, sports, and dance.

Pool & Swimmer Information

POOL CLOSURES:

» The pool will be closed to the public Saturday, March 19 from 1pm until close for the Aqua Egg Hunt.

NO CLASSES:

» No aquatics classes March 21-27 & May 28-30.

- »  **We STRONGLY recommend no food to be eaten** one hour or less before participation in any swimming class.
- » **The pool is open only to lap swimmers** age 13 & up and scheduled swim lessons on Saturday and Sunday mornings until noon.
- » **Parents should read class requirements** and descriptions carefully to ensure your child is enrolled into the appropriate level class. If a child is in the incorrect class, he/she will be transferred to an appropriate class or placed on the wait list if no space is available.
- » **For a detailed listing of class requirements** visit Herndon-va.gov/Content/Parks_rec/Aquatics.
- » **Children should be able to perform** all prerequisite skills for a class easily and comfortably.
- » **Swim evaluations** are available at no charge if you are unsure which class is appropriate for your child. Contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule a free evaluation.

Makeup Policy

Classes cancelled due to inclement weather, pool closures or instructor illnesses are made up as the calendar allows. Credits for cancelled classes will not be issued to participants who are unable to attend the makeup class.

NEW! Jump Starter Swimming Lesson Age 3-12
Need an extra lesson to boost your child's swimming skills? Try our Jump Starter Swimming Lessons! These single session classes are designed to help your swimmer get extra attention on his or her swimming skills working with our experienced swimming staff. Stay after class and enjoy our Float Night event after each session.

Age 3-5

1, 30 minute class

F	5:30-6:00pm	3/18	\$10 / \$10	409910.50
F	5:30-6:00pm	4/15	\$10 / \$10	409910.51
F	5:30-6:00pm	5/20	\$10 / \$10	409910.52

Age 6-12

1, 30 minute class

F	6:00-6:30pm	3/18	\$10 / \$10	409910.53
F	6:00-6:30pm	4/15	\$10 / \$10	409910.54
F	6:00-6:30pm	5/20	\$10 / \$10	409910.55

» Preschool Aquatics

PLEASE NOTE: Parents should read the Pool & Swimmer Information.

Baby and Me Age 6 months-2 years

Parent and child swim together. The instructor works closely with the parent to help the infant develop basic water skills, including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 3/21, 3/23, 3/26, 5/28, 5/30		
M	10:30-10:55am	3/7-4/18	\$51 / \$63	401100.10
M	10:30-10:55am	5/2-6/13	\$51 / \$63	401100.11
W	10:30-10:55am	3/9-4/20	\$51 / \$63	401100.30
W	10:30-10:55am	5/4-6/8	\$51 / \$63	401100.31
Sa	9:30-9:55am	3/12-4/23	\$51 / \$63	401100.60
Sa	9:30-9:55am	5/7-6/18	\$51 / \$63	401100.61

Toddler and Me Age 18 months-3 years

Parent and child swim together. The instructor works closely with parent in helping the toddler develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of flotation devices. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband.

6, 25 minute classes		no class 3/21, 3/23, 3/26, 5/28, 5/30		
M	10:00-10:25am	3/7-4/18	\$51 / \$63	401200.10
M	10:00-10:25am	5/2-6/13	\$51 / \$63	401200.11
W	10:00-10:25am	3/9-4/20	\$51 / \$63	401200.30
W	10:00-10:25am	5/4-6/8	\$51 / \$63	401200.31
Sa	10:00-10:25am	3/12-4/23	\$51 / \$63	401200.60
Sa	10:30-10:55am	3/12-4/23	\$51 / \$63	401200.61
Sa	10:00-10:25am	5/7-6/18	\$51 / \$63	401200.62
Sa	10:30-10:55am	5/7-6/18	\$51 / \$63	401200.63

Preschooler and Me Age 3-5

Parent and child swim together. The instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. This class is designed for children who are older than our Toddler and Me students, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back, and kicking. Swim with parent.

6, 25 minute classes		no class 3/26, 5/28		
Sa	9:00-9:25am	3/12-4/23	\$51 / \$63	401300.60
Sa	9:00-9:25am	5/7-6/18	\$51 / \$63	401300.61

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

6, 25 minute classes		no class 3/21-24, 3/26, 5/28, 5/30		
M	9:30-9:55am	3/7-4/18	\$51 / \$63	402100.10
M	3:00-3:25pm	3/7-4/18	\$51 / \$63	402100.13
M	9:30-9:55am	5/2-6/13	\$51 / \$63	402100.14

Preschool 1 (continued)**6, 25 minute classes** **no class 3/21-24, 3/26, 5/28, 5/30**

M	3:00-3:25pm	5/2-6/13	\$51 / \$63	402100.16
M	1:45-2:10pm	3/7-4/18	\$51 / \$63	402100.18
M	1:45-2:10pm	5/2-6/13	\$51 / \$63	402100.19
Tu	10:30-10:55am	3/8-4/19	\$51 / \$63	402100.20
Tu	10:30-10:55am	5/3-6/7	\$51 / \$63	402100.23
W	9:30-9:55am	3/9-4/20	\$51 / \$63	402100.30
W	1:00-1:25pm	3/9-4/20	\$51 / \$63	402100.31
W	9:30-9:55am	5/4-6/8	\$51 / \$63	402100.32
W	1:00-1:25pm	5/4-6/8	\$51 / \$63	402100.33
Th	10:30-10:55am	3/10-4/21	\$51 / \$63	402100.40
Th	10:30-10:55am	5/5-6/9	\$51 / \$63	402100.41
Sa	8:30-8:55am	3/12-4/23	\$51 / \$63	402100.60
Sa	9:30-9:55am	3/12-4/23	\$51 / \$63	402100.61
Sa	11:30-11:55am	3/12-4/23	\$51 / \$63	402100.62
Sa	8:30-8:55am	5/7-6/18	\$51 / \$63	402100.63
Sa	9:30-9:55am	5/7-6/18	\$51 / \$63	402100.64
Sa	11:30-11:55am	5/7-6/18	\$51 / \$63	402100.65

8, 25 minute classes **no class 3/21-24, 5/30**

M/W	6:30-6:55pm	3/7-4/6	\$67 / \$83	402100.11
M/W	6:30-6:55pm	4/18-5/11	\$67 / \$83	402100.12
M/W	6:30-6:55pm	5/23-6/20	\$67 / \$83	402100.15
Tu/Th	7:00-7:25pm	3/8-4/7	\$67 / \$83	402100.21
Tu/Th	7:00-7:25pm	4/19-5/12	\$67 / \$83	402100.22
Tu/Th	7:00-7:25pm	5/24-6/16	\$67 / \$83	402100.24
Tu/Th	6:00-6:25pm	3/8-4/7	\$67 / \$83	402100.25
Tu/Th	6:00-6:25pm	4/19-5/12	\$67 / \$83	402100.26
Tu/Th	6:00-6:25pm	5/24-6/16	\$67 / \$83	402100.27

10, 25 minute classes **no class 3/27**

Su	10:00-10:25am	3/13-5/22	\$83 / \$103	402100.70
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Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

6, 25 minute classes **no class 3/21-24, 3/26, 5/28, 5/30**

M	9:00-9:25am	3/7-4/18	\$51 / \$63	402200.10
M	9:00-9:25am	5/2-6/13	\$51 / \$63	402200.13
M	3:30-3:55pm	3/7-4/18	\$51 / \$63	402200.15
M	3:30-3:55pm	5/2-6/13	\$51 / \$63	402200.16
Tu	10:00-10:25am	3/8-4/19	\$51 / \$63	402200.20
Tu	10:00-10:25am	5/3-6/7	\$51 / \$63	402200.23
W	9:30-9:55am	3/9-4/20	\$51 / \$63	402200.30
W	1:30-1:55pm	3/9-4/20	\$51 / \$63	402200.31
W	9:00-9:25am	5/4-6/8	\$51 / \$63	402200.32
W	1:30-1:55pm	5/4-6/8	\$51 / \$63	402200.33
Th	10:00-10:25am	3/10-4/21	\$51 / \$63	402200.40
Th	10:00-10:25am	5/5-6/9	\$51 / \$63	402200.41
Sa	9:00-9:25am	3/12-4/23	\$51 / \$63	402200.60



wacky wednesday
Age 5 & under
12:00-3:00pm
\$5*
parent/
child

Come join us in the pool for great fun and games for the younger crowd.

The training pool will be available for kids (must be with an adult in the water) and filled with our wacky water toys. Programming may occur during this time using the same areas of the pool. *\$2 each additional child.

Preschool 2 (continued)**6, 25 minute classes** **no class 3/21-24, 3/26, 5/28, 5/30**

Sa	10:00-10:25am	3/12-4/23	\$51 / \$63	402200.61
Sa	9:00-9:25am	5/7-6/18	\$51 / \$63	402200.62
Sa	10:00-10:25am	5/7-6/18	\$51 / \$63	402200.63

8, 25 minute classes **no class 3/21-24, 5/30**

M/W	7:00-7:25pm	3/7-4/6	\$67 / \$83	402200.11
M/W	7:00-7:25pm	4/18-5/11	\$67 / \$83	402200.12
M/W	7:00-7:25pm	5/23-6/20	\$67 / \$83	402200.14
M/W	6:00-6:25pm	3/7-4/6	\$67 / \$83	402200.17
M/W	6:00-6:25pm	4/18-5/11	\$67 / \$83	402200.18
M/W	6:00-6:25pm	5/23-6/20	\$67 / \$83	402200.19
Tu/Th	6:30-6:55pm	3/8-4/7	\$67 / \$83	402200.21
Tu/Th	6:30-6:55pm	4/19-5/12	\$67 / \$83	402200.22
Tu/Th	6:30-6:55pm	5/24-6/16	\$67 / \$83	402200.24
Tu/Th	7:30-7:55pm	3/8-4/7	\$67 / \$83	402200.25
Tu/Th	7:30-7:55pm	4/19-5/12	\$67 / \$83	402200.26
Tu/Th	7:30-7:55pm	5/24-6/16	\$67 / \$83	402200.27

10, 25 minute classes **no class 3/27**

Su	10:30-10:55am	3/13-5/22	\$83 / \$103	402200.70
Su	11:30-11:55am	3/13-5/22	\$83 / \$103	402200.71

Preschooler 3 Age 4-6

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes **no class 3/21-24, 3/26, 5/28, 5/30**

M	11:00-11:25am	3/7-4/18	\$51 / \$63	402300.10
M	11:00-11:25am	5/2-6/13	\$51 / \$63	402300.13
M	3:00-3:25pm	3/7-4/18	\$51 / \$63	402300.15
M	3:00-3:25pm	5/2-6/13	\$51 / \$63	402300.16
Tu	9:30-9:55am	3/8-4/19	\$51 / \$63	402300.20
Tu	9:30-9:55am	5/3-6/7	\$51 / \$63	402300.23
W	11:00-11:25am	3/9-4/20	\$51 / \$63	402300.30
W	2:00-2:25pm	3/9-4/20	\$51 / \$63	402300.31
W	11:00-11:25am	5/4-6/8	\$51 / \$63	402300.32
W	2:00-2:25pm	5/4-6/8	\$51 / \$63	402300.33
Th	9:30-9:55am	3/10-4/21	\$51 / \$63	402300.40
Th	9:30-9:55am	5/5-6/9	\$51 / \$63	402300.41
Sa	10:30-10:55am	3/12-4/23	\$51 / \$63	402300.60
Sa	10:30-10:55am	5/7-6/18	\$51 / \$63	402300.61

Preschool 3 (continued)

8, 25 minute classes

no class 3/21-24, 5/30

M/W	5:00-5:25pm	3/7-4/6	\$67 / \$83	402300.11
M/W	5:00-5:25pm	4/18-5/11	\$67 / \$83	402300.12
M/W	5:00-5:25pm	5/23-6/20	\$67 / \$83	402300.14
Tu/Th	5:30-5:55pm	3/8-4/7	\$67 / \$83	402300.21
Tu/Th	5:30-5:55pm	4/19-5/12	\$67 / \$83	402300.22
Tu/Th	5:30-5:55pm	5/24-6/16	\$67 / \$83	402300.24

10, 25 minute classes

no class 3/27

Su	11:00-11:25am	3/13-5/22	\$83 / \$103	402300.70
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Preschooler 4 Age 4-6

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

6, 25 minute classes

no class 3/21-24, 3/26, 5/28, 5/30

M	3:30-3:55pm	3/7-4/18	\$51 / \$63	402400.10
M	3:30-3:55pm	5/2-6/13	\$51 / \$63	402400.13
Tu	9:00-9:25am	3/8-4/19	\$51 / \$63	402400.20
Tu	9:00-9:25am	5/3-6/7	\$51 / \$63	402400.23
W	2:30-2:55pm	3/9-4/20	\$51 / \$63	402400.31
W	2:30-2:55pm	5/4-6/8	\$51 / \$63	402400.33
Th	9:00-9:25am	3/10-4/21	\$51 / \$63	402400.40
Th	9:00-9:25am	5/5-6/9	\$51 / \$63	402400.41
Sa	11:00-11:25am	3/12-4/23	\$51 / \$63	402400.60
Sa	11:00-11:25am	5/7-6/18	\$51 / \$63	402400.61

8,25 minute classes

no class 3/21-24, 5/30

M/W	5:30-5:55pm	3/7-4/6	\$67 / \$83	402400.11
M/W	5:30-5:55pm	4/18-5/11	\$67 / \$83	402400.12
M/W	5:30-5:55pm	5/23-6/20	\$67 / \$83	402400.14
Tu/Th	5:00-5:25pm	3/8-4/7	\$67 / \$83	402400.21
Tu/Th	5:00-5:25pm	4/19-5/12	\$67 / \$83	402400.22
Tu/Th	5:00-5:25pm	5/24-6/16	\$67 / \$83	402400.24

10, 25 minute classes

no class 3/27

Su	9:30-9:55am	3/13-5/22	\$83 / \$103	402400.70
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» Youth

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

6, 30 minute classes

no class 3/21, 3/26, 5/28, 5/30

M	4:00-4:30pm	3/7-4/18	\$51 / \$63	403110.14
M	4:00-4:30pm	5/2-6/13	\$51 / \$63	403110.15
Sa	11:00-11:30am	3/12-4/23	\$51 / \$63	403110.60
Sa	11:00-11:30am	5/7-6/18	\$51 / \$63	403110.61

8, 30 minute classes

no class 3/21-24, 5/30

M/W	6:00-6:30pm	3/7-4/6	\$67 / \$83	403110.11
M/W	6:00-6:30pm	4/18-5/11	\$67 / \$83	403110.12
M/W	6:00-6:30pm	5/23-6/20	\$67 / \$83	403110.13
Tu/Th	5:00-5:30pm	3/8-4/7	\$67 / \$83	403110.21
Tu/Th	5:00-5:30pm	4/19-5/12	\$67 / \$83	403110.22
Tu/Th	5:00-5:30pm	5/24-6/16	\$67 / \$83	403110.23

10, 30 minute classes

no class 3/27

Su	11:30am-12:00pm	3/13-5/22	\$83 / \$103	403110.70
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Have you been unable to be placed in a swim class of your choice?

Do you and your friends have free time during weekday afternoons from 12-3pm?

Then it's time to Design a Class!

3 - 5 Swimmers are needed to create a group lesson on the day that fits your schedule.

For more information, contact the Aquatics Services Manager at 703-435-6800 x2128.

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

6, 30 minute classes

no class 3/21, 3/26, 5/28, 5/30

M	4:30-5:00pm	3/7-4/18	\$51 / \$63	403210.14
M	4:30-5:00pm	5/2-6/13	\$51 / \$63	403210.15
Sa	10:30-11:00am	3/12-4/23	\$51 / \$63	403210.60
Sa	10:30-11:00am	5/7-6/18	\$51 / \$63	403210.61

8, 30 minute classes

no class 3/21-24, 5/30

M/W	6:30-7:00pm	3/7-4/6	\$67 / \$83	403210.11
M/W	6:30-7:00pm	4/18-5/11	\$67 / \$83	403210.12
M/W	6:30-7:00pm	5/23-6/20	\$67 / \$83	403210.13
Tu/Th	5:30-6:00pm	3/8-4/7	\$67 / \$83	403210.21
Tu/Th	5:30-6:00pm	4/19-5/12	\$67 / \$83	403210.22
Tu/Th	5:30-6:00pm	5/24-6/16	\$67 / \$83	403210.23

10, 30 minute classes

no class 3/27

Su	11:00-11:30am	3/13-5/22	\$83 / \$103	403210.70
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FLOAT NIGHT

The Viking Ship float will be out the **third Friday of each month** from **7:00pm until closing**. Play on the float and bring your own floats and toys. Have fun with the whole family! Check out the Family Admission Pass and save.

Did You Know? The Viking Ship sets sail in the pool most **Saturdays and Sundays** from **1-4pm!**

Swim 3 Age 6-12

Aquatic skills learned in previous classes are continued. Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

6, 30 minute classes no class 3/21, 3/26, 5/28, 5/30

M	4:00-4:30pm	3/7-4/18	\$51 / \$63	403310.13
M	4:00-4:30pm	5/2-6/13	\$51 / \$63	403310.15
Sa	10:00-10:30am	3/12-4/23	\$51 / \$63	403310.60
Sa	10:00-10:30am	5/7-6/18	\$51 / \$63	403310.61

8, 30 minute classes no class 3/21-24, 5/30

M/W	5:30-6:00pm	3/7-4/6	\$67 / \$83	403310.11
M/W	5:30-6:00pm	4/18-5/11	\$67 / \$83	403310.12
M/W	5:30-6:00pm	5/23-6/20	\$67 / \$83	403310.14
Tu/Th	6:30-7:00pm	3/8-4/7	\$67 / \$83	403310.21
Tu/Th	6:30-7:00pm	4/19-5/12	\$67 / \$83	403310.22
Tu/Th	6:30-7:00pm	5/24-6/16	\$67 / \$83	403310.23
Tu/Th	7:00-7:30pm	3/8-4/7	\$67 / \$83	403310.24
Tu/Th	7:00-7:30pm	4/19-5/12	\$67 / \$83	403310.25
Tu/Th	7:00-7:30pm	5/24-6/16	\$67 / \$83	403310.26

10, 30 minute classes no class 3/27

Su	10:30-11:00am	3/13-5/22	\$83 / \$103	403310.70
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Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

6, 30 minute classes no class 3/21, 3/26, 5/28, 5/30

M	4:30-5:00pm	3/7-4/18	\$51 / \$63	403410.13
M	4:30-5:00pm	5/2-6/13	\$51 / \$63	403410.15
Sa	9:30-10:00am	3/12-4/23	\$51 / \$63	403410.60
Sa	9:30-10:00am	5/7-6/18	\$51 / \$63	403410.61

8, 30 minute classes no class 3/21-24, 5/30

M/W	5:00-5:30pm	3/7-4/6	\$67 / \$83	403410.11
M/W	5:00-5:30pm	4/18-5/11	\$67 / \$83	403410.12
M/W	5:00-5:30pm	5/23-6/20	\$67 / \$83	403410.14
Tu/Th	6:00-6:30pm	3/8-4/7	\$67 / \$83	403410.21
Tu/Th	6:00-6:30pm	4/19-5/12	\$67 / \$83	403410.22
Tu/Th	6:00-6:30pm	5/24-6/16	\$67 / \$83	403410.23

10, 30 minute classes no class 3/27

Su	10:00-10:30am	3/13-5/22	\$83 / \$103	403410.70
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Swim 5 Age 6-12

Students refine and coordinate the key strokes learned in previous swimming courses at increased distances. Front and back open turns and racing dives are taught. Deep water work includes diving, water entries and treading.

6, 45 minute classes no class 3/26, 5/28

Sa	8:45-9:30am	3/12-4/23	\$75 / \$93	403510.60
Sa	8:45-9:30am	5/7-6/18	\$75 / \$93	403510.61

FREE SWIM EVALUATIONS

If you do not know which class is appropriate for your child, please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

» Adapted Aquatics

For children with physical or mental disabilities who want to work on their swimming abilities. Volunteers are needed; training will be provided before the first day of class. Great community service project for high school students! Please call the Aquatics Services Manager at 703-435-6800 x2128 if you have any questions regarding this program. Parents may need to assist in the water if there is a lack of volunteers.

Beginner Age 5-16

Focus is on water adjustment, safety and skills that are tailored to the needs of each participant.

6, 30 minute classes no class 3/25

F	4:00-4:30pm	3/11-4/22	\$51 / \$63	403810.50
F	4:30-5:00pm	3/11-4/22	\$51 / \$63	403810.51
F	4:00-4:30pm	5/6-6/10	\$51 / \$63	403810.52
F	4:30-5:00pm	5/6-6/10	\$51 / \$63	403810.53

Advanced Age 5-16

The Advanced class is for children who have mastered basic front and back crawl skills and need further development and refinement of their strokes.

6, 30 minute classes no class 3/25

F	5:00-5:30pm	3/11-4/22	\$51 / \$63	403910.50
F	5:00-5:30pm	5/6-6/10	\$51 / \$63	403910.51

» Adult**Beginner** Age 16 & up

If you like the water but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water is taught. Basic stroke technique is introduced.

6, 45 minute classes no class 3/21, 3/26, 5/28, 5/30

M	10:15-11:00am	3/7-4/18	\$75 / \$93	406130.10
M	10:15-11:00am	5/2-6/13	\$75 / \$93	406130.11
Sa	10:30-11:15am	3/12-4/23	\$75 / \$93	406130.60
Sa	10:30-11:15am	5/7-6/18	\$75 / \$93	406130.61
Sa	12:00-12:45pm	3/12-4/23	\$75 / \$93	406130.62
Sa	12:00-12:45pm	5/7-6/18	\$75 / \$93	406130.64

10, 45 minute classes no class 3/27

Su	11:15am-12:00pm	3/13-5/22	\$123 / \$153	406130.70
Su	12:00-12:45pm	3/13-5/22	\$123 / \$153	406130.71

Advanced Beginner Age 16 & up

For students who have passed Adult Beginner or those who are comfortable in the water, and are ready to concentrate on furthering the primary strokes: front and back crawl, elementary backstroke and breaststroke. Treading water and introduction to breathing are included in this class.

6, 45 minute classes no class 3/26, 5/28

Sa	11:15am-12:00pm	3/12-4/23	\$75 / \$93	406230.60
Sa	11:15am-12:00pm	5/7-6/18	\$75 / \$93	406230.61
Sa	12:00-12:45pm	3/12-4/23	\$75 / \$93	406230.62
Sa	12:00-12:45pm	5/7-6/18	\$75 / \$93	406230.63

10, 45 minute classes no class 3/27

Su	10:30-11:15am	3/13-5/22	\$123 / \$153	406230.70
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Intermediate Age 16 & up

This class is for anyone who has completed Adult Advanced Beginner or looking for stroke improvement. Students will work on stroke refinement, coordination and endurance. Strokes learned in previous courses will be performed at increased distances. Sidestroke, diving and butterfly are introduced.

6, 45 minute classes no class 3/21, 3/26, 5/28, 5/30

M	9:30-10:15am	3/7-4/18	\$75 / \$93	406330.10
M	9:30-10:15am	5/2-6/13	\$75 / \$93	406330.11
Sa	12:45-1:30pm	3/12-4/23	\$75 / \$93	406330.60
Sa	12:45-1:30pm	5/7-6/18	\$75 / \$93	406330.61

NEW!

Teen Beginner Age 13-17

If you are a teenager and you need to get comfortable in the water or learn the basic strokes in a relaxed, non-competitive environment, this is the class for you! Water adjustment, floating, gliding, kicking and changing position in the water will be taught. Basic stroke technique will be introduced.

6, 45 minute classes no class 3/26, 5/28

Sa	12:00-12:45pm	3/12-4/23	\$75 / \$93	406520.60
Sa	12:00-12:45pm	5/7-6/18	\$75 / \$93	406520.61

Masters Swim Team Age 18 & up

Come and get a great workout with other swimmers. Workouts are planned and coached by certified swim coaches. Drop-ins welcome! (\$10 Drop-in fee per practice)

33, 60 minute classes no class 3/21, 3/22, 3/24

M/ Tu/Th	8:30-9:30pm	3/7-5/26	\$132 / \$165	406630.10
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» Aquatic Extras**Youth Developmental Workout** Age 5-16

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building. Great way to stay in shape and prepare for swim team. Swimmers have the opportunity to participate in a meet sometime during the season.

- » Age 8 & under must swim 25 yards front crawl without stopping.
- » Age 9-12 must swim 50 yards front crawl without stopping.
- » Age 12-15 must swim 50 yards front crawl and 25 yards back crawl without stopping.

Age 5-8

10, 45 minute classes no class 3/26, 3/27

Sa	11:00-11:45am	3/12-5/21	\$113 / \$143	404110.60
Su	11:30am-12:15pm	3/13-5/22	\$113 / \$143	404110.70
Su	4:00-4:45pm	3/13-5/22	\$113 / \$143	404110.71
Su	5:30-6:15pm	3/13-5/22	\$113 / \$143	404110.72

Age 9-12

10, 45 minute classes no class 3/26, 3/27

Sa	11:45am-12:30pm	3/12-5/21	\$113 / \$143	404110.61
Su	10:45-11:30am	3/13-5/22	\$113 / \$143	404110.73
Su	4:45-5:30pm	3/13-5/22	\$113 / \$143	404110.74
Su	6:15-7:00pm	3/13-5/22	\$113 / \$143	404110.75

Age 8-16

11, 45 minute classes no class 3/21

M	2:15-3:00pm	3/7-5/23	\$124 / \$157	404110.11
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May is National Aquatics Month

Follow our Facebook page for special announcements all month.

POOL AVAILABILITY:

The pool is open only to lap swimmers age 13 & up and scheduled swim lessons on Saturday and Sunday mornings until noon.

Youth Developmental Workout (continued)**Age 12-15**

10, 45 minute classes no class 3/26, 3/27

Su	10:00-10:45am	3/13-5/22	\$113 / \$143	404110.76
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High School Prep Workout Age 13-17

This class is geared to help swimmers prepare for the summer and high school swimming seasons. Focus will be on technique and endurance for the competitive strokes and will include work on starts and turns.

11, 60 minute classes no class 3/21

M	4:00-5:00pm	3/7-5/23	\$146 / \$179	404110.12
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» Aquatic Training**Water Safety Instructor** Age 16 & up

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages, from infants to adults. We will also provide practical teaching experience. All students must be 16 years of age by the last day of class, and complete a Water Safety precourse test. Students must pick up their materials, and complete the first assignment prior to the first class session. Students must attend all classes to pass this course! For more information or to obtain a list of precourse skills, please call the Aquatics Services Manager at 703-435-6800 x2128.

5, 9 hour classes

Sa/Su	9:00am-6:00pm	5/8-5/22	\$286 / \$346	407130.60
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Lifeguard Training Class Age 15 & up

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid and CPR/AED for the Professional Rescuer. Students must be 15 years old by the last day to be eligible to enroll. Participants must also pass a precourse swimming test to remain in the course. The precourse test includes: a 300 yard continuous swim of either freestyle and/or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water and returning 20 yards with the brick while swimming on the back using legs only; and two minutes of treading water with legs only. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

5, 8 hour classes; 1, 2 hour class

M-Sa	9:00am-5:00pm	3/19-3/25	\$286 / \$346	407230.60
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4, 9 hour classes

Sa/Su	9:00am-6:00pm	5/7-5/15	\$286 / \$346	407230.61
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Lifeguard Training Review Class Age 15 & up
For currently certified American Red Cross lifeguards. Candidates must have a copy of their current certification with them the first day of the class and also be prepared to complete the prerequisite swim test. The book for this class is available for purchase or may be downloaded at no charge. Students must attend all class sessions to pass this course!

2, 8 hour classes

Sa/Su	9:00am-5:00pm	3/19-3/20	\$150 / \$150	407230.62
Sa/Su	9:00am-5:00pm	5/21-5/22	\$150 / \$150	407230.63

7th
annual

Aqua Egg Hunt

Saturday, March 19

1:30-4:20pm · all ages

Everyone receives a prize!
Jump in and let the egg hunt begin!

SWIM ATTIRE IS REQUIRED.

**SPACE LIMITED:
PRE-REGISTRATION RECOMMENDED**

There will be an open swim for participants and
their families beginning at 4:20pm.

Age 6 & under
(parent required in the water)

1:30-1:40pm 409210.60

1:50-2:00pm 409210.61

2:10-2:20pm 409210.62

Age 7-8

2:30-2:40pm 409210.63

2:50-3:00pm 409210.64

Age 9-10

3:10-3:20pm 409210.65

Age 11-12

3:30-3:40pm 409210.66

Age 13-16

3:50-4:00pm 409210.67

Age 16 & up

4:10-4:20pm 409210.68

*includes one parent and one child

\$10*

» Aquatic Fitness

Power Splash Age 16 & up
Fun and energetic class that uses a variety of cardio and resistance work in both the shallow and deep end of the pool. Get a complete total-body workout incorporating circuits and intervals while using buoys, noodles and plyometrics. Participants must be comfortable in deep water.

13, 60 minute classes no class 3/25

F	8:00-9:00am	3/11-6/10	\$110 / \$136	408230.50
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Therapeutic Water Workout Age 16 & up
Low-intensity water exercise program designed for those with chronic illnesses: arthritis, painful joints and general weakness. The class focuses on increasing range of motion, mobility and strengthening. Rubber-soled shoes are recommended.

28, 60 minute classes no class 3/22, 3/24

Tu/Th	10:00-11:00am	3/8-6/16	\$230 / \$286	408330.20
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Senior Water Aerobics Age 16 & up
Exercise class for active older adults. It promotes fitness, flexibility and range of motion. No swimming experience is necessary. Rubber-soled water shoes are strongly recommended.

13, 60 minute classes no class 3/25

F	9:00-10:00am	3/11-6/10	\$110 / \$136	408440.50
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28, 60 minute classes no class 3/21, 3/23, 5/30

M/W	9:00-10:00am	3/7-6/20	\$230 / \$286	408440.10
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Water Aerobics Age 16 & up
The total water workout. It combines both toning exercises as well as aerobic conditioning to improve fitness. There is a deep-water element so all participants should be comfortable in deep water, but no swimming experience is necessary. Babysitting is available during this class. Rubber-soled shoes are strongly recommended.

28, 60 minute classes no class 3/22, 3/24

Tu/Th	9:30-10:30am	3/8-6/16	\$230 / \$286	408530.20
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Water Walking Age 16 & up
Jumpstart your fitness with water walking! Water walking is a low impact, aerobic workout that tones the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water as a portion of the workout is held in the 12 foot area.

28, 60 minute classes no class 3/21, 3/23, 5/30

M/W	8:00-9:00am	3/7-6/20	\$230 / \$286	408630.10
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Deep Water 1 Age 16 & up
A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

13, 60 minute classes no class 3/26, 5/28

Sa	8:00-9:00am	3/12-6/18	\$110 / \$136	408730.60
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28, 60 minute classes no class 3/21-24, 5/30

M/W	6:30-7:30pm	3/7-6/20	\$230 / \$286	408730.10
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Tu/Th	8:30-9:30am	3/8-6/16	\$230 / \$286	408730.20
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Deep Water 2 Age 16 & up
This is the ultimate cardio challenge in deep water! This is a fast paced, high intensity class that will help tone and keep you strong. Flotation devices are used periodically, but participants should be able to tread water without any flotation aids.

28, 60 minute classes no class 3/21-24, 5/30

M/W	7:30-8:30pm	3/7-6/20	\$230 / \$286	408830.10
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Tu/Th	7:30-8:30am	3/8-6/16	\$230 / \$286	408830.20
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NEW!

Aqua ZUMBA® Age 16 & up
Make a splash and join our "pool party" workout for all ages! Aqua ZUMBA® is a safe, effective and challenging water-based workout that integrates the ZUMBA® formula and philosophy into traditional aqua fitness disciplines.

13, 60 minute classes no class 3/24

Th	7:30-8:30am	3/10-6/9	\$110 / \$136	408930.40
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SPRING 2016 DROP-IN EXERCISE CLASS SCHEDULE

MON.	Body Tone 6:00-7:00am Katie	Body Blaster 9:10-10:10am Jane N			 5:30-6:30pm Mary Jo	 6:40-7:40pm Mary Jo	 6:45-7:45pm Laura		
TUE.	 6:00-7:00am Carol	Cardio-Sculpt Interval 9:30-10:30am Katie	 11:00am-12:00pm Terlene	Ab Express 12:15-12:45pm Katie	 5:30-6:30pm Kristin	 6:40-7:40pm Colette	 7:50-8:50pm Veronica		
WED.		Body Blaster 9:10-10:10am Jane N	Pure Cardio 10:15-11:00am Katie		 5:00-6:00pm Mary Jo	 6:00-7:00pm Stephanie	 7:10-8:10pm Molly		
THR.	 6:00-7:00am Carol	 7:30-8:30am Dana**	Cardio-Sculpt Interval 9:30-10:30am Katie	Strength & Sculpt 11:00am-12:00pm Jenny	Ab Express 12:15-12:45pm Katie	 5:30-6:30pm Stephanie	 6:40-7:40pm Colette		
FRI.	Fit Mix 9:10-10:10am Katie			 12:00-1:00pm Stephanie	 5:30-6:30pm Lauren	» Instructors listed available at time of distribution may change during the season » Drop-In classes are offered exclusively as part of your admission benefit (does not include Wellness, Aquatic or Small Group Training classes). Consider purchasing a multi-visit pass for the best rates.			
SAT.	Cardio Blast 7:55-8:55am Kaleen	 10:15-11:15am Colette	 11:30am-12:30pm Stephanie/Dana/ Veronica	See page 29 for details on becoming a pass holder. » Babysitting is available during Kid Care hours at no additional charge. Advance reservations are recommended as space is limited. Please call 703-787-7300. » Some classes may reach capacity or have limited specialty equipment available. » Please consult your doctor prior to starting any exercise program. » Drop-In Exercise classes are designed for age 16 & up. » Please do not enter a class if arriving more than ten minutes past the scheduled start time. **AQUA ZUMBA® Class Requires Pre-Registration					
SUN.	Total Body Energizer 8:55-9:55am Kirstie	Schedule Effective from Saturday, March 7- Friday, June 10.							



COME CELEBRATE WITH US!

Join our team of Herndon Community Center ZUMBA® instructors as we celebrate life, ZUMBA®, movement and music! All your favorite moves, grooves and instructors together for one great night of fun! Refreshments, door prizes and a whole lot of dancing! **Register early, as the price goes up to \$15 at the door. 426830.50**



BODYPUMP™ is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetition (reps), BODYPUMP™ gives you a total body workout that burns lots of calories. The rep effect – a scientifically proven Les Mills formula – is the secret to developing lean athletic muscle without the need for heavy weights. The encouragement, motivation and great music you get in a BODYPUMP™ class will help you achieve much more than you would be able to on your own!

M 6:40-7:40pm no class 5/30
Tu 6:40-7:40pm
W 6:00-7:00pm
Th 6:40-7:40pm
F 12:00-1:00pm
Sa 10:15-11:15am

NEW NIGHT!

»DROP-IN Exercise Classes

Ab Express

Ab Express is a half hour intense core workout. You'll work your entire core and learn new exercises to help sculpt your body! This class is a great way to fit a quick but challenging workout into your busy day and is appropriate for all fitness levels. **Tu/Th 12:15-12:45pm**

Body Blaster Circuit

This circuit class will move quickly from one exercise to the next, incorporating cardio, body sculpting and core conditioning in fun, ever-changing intervals. This effective combination is heart smart and with regular workouts, will give you a powerful, toned body. **M/W 9:10-10:10am**
no class 5/30

Body Tone

Start your day right by joining this early bird workout to improve your shape, tone and overall body fitness. This class utilizes a variety of equipment and techniques to tone your body, increase muscle strength and flexibility, and develop better coordination and posture using functional movements. **M 6:00-7:00am - no class 5/30**

Cardio Blast

Have fun and burn calories with 35 minutes of hi-low floor aerobics, combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone and define your muscles. Put on your cross-training shoes and come have a blast! **Sa 7:55-8:55am**

Cardio/Sculpt Interval (CSI)

This is a cardio and strength cross-training class to get your heart and muscles pumping. Cardio will include various challenging cardiovascular activities. Sculpt will incorporate the use of free weights, tubing and stability balls. **Tu/Th 9:30-10:30am**

NEW! Fit-Mix

Try a fresh, new blend of core strengthening, flexibility, and stretching. This low-impact class uses a variety of exercising techniques drawing from all areas of fitness. Slowly flowing from one exercise to the next and ending with an extended cool-down. It's a perfect recipe for a healthy body and mind. **F 9:10-10:10am**

Pure Cardio

An intermediate level class with fast-paced and challenging cardio drills. The goal? To burn calories and get your heart pumping! Combining high- and low-impact drills and exercises- with and without hand weights- you will drive your cardio fitness to new and greater levels. *Participants can expect a regular dose of jumping, plyometrics and quick transitions from standing exercises down to the floor with each class. **W 10:15-11:00am**

Strength and Sculpt

Get a highly efficient, full-body workout using free weights, tubes and balls to strengthen and sculpt all muscle groups. This class accommodates beginners to advanced fitness levels. **Tu/Th 11:00am-12:00pm**



A Latino-influenced dance style class that combines high-energy moves and dance

combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable clothing and sneakers.

M	5:30-6:30pm - no class 5/30
M	6:45-7:45pm - no class 5/30
Tu	6:00-7:00am
Tu	11:00am - 12:00pm ZUMBA® Gold
Tu	5:30-6:30pm
Tu	7:50-8:50pm
W	5:00-6:00pm
W	7:10-8:10pm
Th	6:00-7:00am
Th	5:30-6:30pm - This class is for age 12+
F	5:30-6:30pm - no class 4/29
Sa	11:30am-12:30pm - This class is for age 12+

Total Body Energizer

Get a fun total-body workout with emphasis on combination and functional movements. You will work all major muscle groups from head to toe using weights, bars, balls and bands. Appropriate for those looking for a challenging workout! **Su 8:55-9:55am - no class 3/27, 6/5**



Aqua ZUMBA® Age 16 & up

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua ZUMBA® blends the ZUMBA® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua ZUMBA® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. ****This is a registration-only class. Please see page 9 for registration information.****

NEW!

ZUMBA® Gold Age 45 & up

ZUMBA® Gold is ideal for active adults who are looking for a modified ZUMBA® class that recreates the original moves you love at a lower-intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! **Tu 11:00am-12:00pm - no class 3/22**



PLEASE NOTE:

Senior Discounts do not apply to Fitness Room Services, Specialty Classes, Small Group Training or Personal Training.

NOR Indicates No Online Registration available.

Fitness Room Orientation

Get to know the Fitness Room better! Our Fitness staff will teach you the proper use of our cardio machines, free weights, Cybex circuit and other fitness equipment. Our goal is to help you become familiar with and comfortable in the Fitness Room. FREE service available to new pass holders only. Contact the Head Trainer at 703-435-6800 x2131 to schedule an appointment (subject to availability).

The Training Studio

Experience a workout environment like no other! Our training studio is a semi-private, dedicated workout space for our Small Group classes and Personal Training sessions. The space includes a customized rubber gym floor, TRX Suspension Training, and the latest in fun workout tools like Kettlebells, Medicine Balls, Battle Ropes and more - all of which will help us boost your workout and your results! The Studio is open only to those enrolled in Personal Training or the Small Group classes listed below:

Fit Boxing Age 18 & up

Learn how to jab, hook, bob and weave in a fun, yet challenging environment. The combination of boxing with fitness conditioning will challenge everyone, from novice to athlete. Get ready to be in the best shape of your life.

14, 60 minute classes

Th	8:30-9:30pm	3/10-6/9	\$105 / \$140	420330.40
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The Big Downsize

Age 16 & up

The Big Downsize is a fun and encouraging class designed especially for men and women who have more than 50 pounds to lose. Special consideration is given to the unique mental and physical challenges of being extremely overweight. This class addresses both social and physical barriers to working out - such as exercising in public and getting up and down off the floor. The class meets in an exclusively reserved training studio and promotes good health habits in a low-key, educational, non-judgmental environment.

14, 60 minute classes

no class 5/30

M	6:30-7:30pm	3/7-6/13	\$105 / \$140	420230.10
W	6:30-7:30pm	3/9-6/8	\$105 / \$140	420230.30

NEW TIME!

Kid Care

Take advantage of the free drop-off babysitting service run by our friendly staff.

MORNING:

M/W 9-11:30am
Tu/Th 9am-12pm

EVENING:

M/Tu 5:30-8:15pm
W/Th 5-8pm
F 5:15-7pm

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule.

Sorry, staff will not change diapers.

Note: Parents or guardians must be registered in a HCC program or using the facility. Children may not be left for more than 2 hours. Spaces may be reserved one week in advance by calling 703-787-7300. Drop-ins are admitted daily on a space-available basis.

NEW!

Kettlebell Class Age 16 & up

Kettlebells are known for providing an amazing workout in a relatively short amount of time, but mastering technique, movement quality and proper form are imperative to reaping the benefits and preventing injury; it takes both practice and quality instruction. From strengthening the key muscles of the lower body (glutes, hamstrings and quads) to challenging the muscles of the core and upper body (back, shoulders, forearms, triceps and biceps), kettlebells truly are a highly-effective training tool for improving total-body strength. Because of the high-intensity nature of this style of training, it serves as a great option for boosting your cardiorespiratory fitness as well. This class provides a total body workout through a dynamic warm-up, instruction on proper mechanics of basic moves, progressions and stretching.

14, 60 minute classes

Th	5:30-6:30pm	3/10-6/9	\$105 / \$140	421430.40
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Balance Training Age 45 & up

Balance is the key to fall prevention, performing our "activities of daily living" well, and for maintaining our independence as we age. Improve your balance through core strengthening, posture-awareness training, and practicing balance specific exercises.

14, 45 minute classes

Tu	9:30-10:15am	3/8-6/7	\$70 / \$92	421730.20
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Turn Back the Clock Age 45 & up

With age, muscle tone and flexibility tend to decrease along with our general activity levels. It's never too late to fight back with exercise and reverse some of the effects of aging. Improve your overall health and fitness with this fun and effective workout.

14, 45 minute classes

no class 5/30

M	8:30-9:15am	3/7-6/13	\$70 / \$92	421830.10
W	8:30-9:15am	3/9-6/8	\$70 / \$92	421830.31
W	9:30-10:15am	3/9-6/8	\$70 / \$92	421830.30

Small Group Training PUNCH PASS

Enjoy the benefits of small group personal training combined with the flexibility of a drop-in class.

Each class will follow a similar format, so you know what to expect and will get a great workout, no matter which days and times you choose to attend! The Punch Pass is available in either a once or twice-per week card. Classes will include foam rolling, dynamic warm-up, cardio circuits, strength training, core conditioning and stretch.

Punch pass classes include:

MON. ★ 12:00-1:00PM - no class 5/30

★ 5:30-6:30PM **NEW TIME!**

TUE. ★ 12:00-1:00PM

★ 7:00-8:00PM **NEW TIME!**

WED. ★ 6:15-7:15AM

★ 12:00-1:00PM
★ 5:30-6:30PM **NEW TIME!**

THR. ★ 12:00-1:00PM

★ 6:30-7:30PM

FRI. ★ 6:15-7:15AM

1x Week 14, 60 minute classes \$105/\$140 421330.10

2x Week 28, 60 minute classes \$210/\$280 421330.20

PASS VALID 3/7/16-6/13/16 PASS EXPIRES 6/14/16

Strength Circuit Age 45 & up

Strength Circuit gives you a great way to socialize and get a workout at the same time. A Certified Personal Trainer will lead the group through a total-body workout in the Fitness Room. All abilities welcome. Modifications will be made for individuals with physical restrictions.

14, 45 minute classes

Tu	9:30-10:15am	3/8-6/7	\$70 / \$92	421940.20
Th	9:30-10:15am	3/10-6/9	\$70 / \$92	421940.40

TRX Suspension Training Age 16 & up

In only 30 minutes, blast through a heart pumping workout that leaves no muscle unchallenged. TRX Suspension Training provides a full body workout like you've never experienced before. These straps fire up the core and work muscles you didn't even know you had. Warm-up 15 minutes prior to class.

14, 30 minute classes

T	5:30-6:00pm	3/8-6/8	\$119 / \$182	442430.23
F	12:30-1:00pm	3/11-6/10	\$119 / \$182	422430.50

Small Group Training for Teachers Age 16 & up
Teachers! Get the benefit of working out with a personal trainer at a fraction of the cost. Small Group Personal Training for Teachers is not only a great value, but is conveniently scheduled after school.

13, 60 minute classes

no class 3/21, 5/30

M	4:15-5:15pm	3/7-6/13	\$98 / \$130	422530.11
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Cyclist Cross-training Age 16 & up

Cycling enthusiasts - be a stronger, more efficient, and more durable rider. Join our dynamic cross-training program to improve your strength, flexibility and cardiovascular endurance. Class format will include out-of-the-box cardio conditioning, sport-specific resistance training and stretching. This type of training off the bike will lead you to perform better on the road.

14, 60 minute classes

Tu	6:00-7:00pm	3/8-6/7	\$105 / \$140	422850.20
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BOOT CAMP FOR WOMEN & MEN

Dedication, Determination, Motivation and Fun

Class is designed for all levels of ability.

Classes held outdoors at the Herndon Community Center/Bready Park.

Classes are held indoors in the event of inclement weather.

Other locations: Check our updated listing on www.FIResults.com

or call 1-877-62SHAPE (877-627-4273) for more information. Guaranteed Results!

Gymside Walkers

Walking can add years to your life and life to your years. Come in and walk, so no matter what the weather, you can still get a workout. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

Monday-Friday | 6-7:15am

» Running Coach Profile



JENLENE NOWAK

With 10 marathons, 20 half marathons and numerous 5k's, 10k's, 10 milers and sprint triathlons under her belt, Jenlene is a lifelong runner who understands the challenges the everyday athlete faces.

As an RRCA certified running coach and race director, Jenlene will motivate you to safely cross the finish line with a smile on your face. She'll make your running dreams a reality while having fun along the way!



Festival 10K/5K Training

Age 16 & up

The Herndon Festival 10K/5K race takes place on Sunday, June 5th and your training starts now! Planning to run your first 5K? Want to take your running to the next level and go for the 10K? Or how about simply improving on your personal best at either race distance? We can help! Meet with a certified running coach weekly to work on your

running technique, endurance base, proper form and core strength. This class will be held outdoors, so dress accordingly. Race registration for the Herndon Festival 5K/10K is included in cost of program.

5K Training

11, 75 minute classes

Tu	6:00-7:15pm	3/22-5/31	\$141 / \$168	427230.20
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10K Training

11, 90 minute classes

Th	6:00-7:30pm	3/24-6/2	\$168 / \$195	427230.61
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HOOP DANCE

Age 13 & up

Using the hoop on the waist, legs, arms, hands, hips and more burns between 400-600 calories an hour and provides a great full-body workout while encouraging creative movement and expression. Provide your own adult sized hoop or borrow/purchase one from the instructor.

10, 60 minute classes

no class 3/27

Tu	6:45-7:45pm	3/8-5/10	\$67 / \$84	469930.20
Su	11:00am-12:00pm	3/13-5/22	\$67 / \$84	469930.70

NOR

» Personal Training

Our personal trainers employ a results-driven, scientific approach to improving your health and fitness in both one-on-one and partner-training settings. Using proven and progressive methods of exercise, our trainers will provide a plan for you, educate you, challenge you and support you - so that you may reach your desired fitness goals!



Jane



Karen



Liz



Tais



Stephen

Personal Training Starter Pack*

*New training clients only

30 minute sessions

3 workouts \$90 / \$120

One-on-One Personal Training

30 minute sessions

1 workout \$33 / \$41
6 workouts \$164 / \$205
10 workouts \$222 / \$278

45 minute sessions

1 workout \$43 / \$54
6 workouts \$215 / \$269
10 workouts \$317 / \$397

Two-on-One Partner Training (Rates are per person)

45 minute sessions

1 workout \$27 / \$34
6 workouts \$150 / \$186
10 workouts \$230 / \$290

Teen Personal Training:

Intro to Strength Training Age 12-15

Personal Training designed with adolescents in mind. Teens will work one-on-one with a personal trainer to learn strength training techniques, the "how and why" of exercise intensity, frequency and duration. They will also learn how to best progress their workouts for optimal results. Students will be given a Youth Fitness ID which will allow them to practice in the fitness room outside of their personal training sessions (in accordance with standard fitness room policies and admission rates).

45 minute sessions

6 workouts \$172 / \$230

Please contact the Head Fitness Trainer to schedule.
703-435-6800 x2131.

» Wellness

Gentle Yoga For Seniors Age 55 & up

Gentle Yoga is a functional fitness based yoga program that honors and respects the mature body. Enjoy increased strength, flexibility, balance, coordination and energy as you gently challenge yourself.

12, 60 minute classes no class 3/21, 3/23, 5/30

M	2:30-3:30pm	3/7-6/6	\$98 / \$128	430040.10
W	2:30-3:30pm	3/9-6/1	\$98 / \$128	430040.30

Kundalini Yoga Age 16 & up

Kundalini Yoga is an ancient science of self-healing that uses exercises, breath work, mantra, and meditation to create vitality in the body, balance in the mind, and openness to the spirit. This class teaches you simple yoga techniques that can be enjoyed by everyone, no matter his or her age or physical ability. The practice of Kundalini Yoga promotes optimum health, stress reduction, emotional balance, brain longevity, and enhanced intuition.

12, 90 minute classes

M	7:00-8:30pm	3/7-5/23	\$112 / \$144	430130.10
Th	7:00-8:30pm	3/10-5/26	\$112 / \$144	430130.40

Vinyasa Yoga Age 16 & up

This vinyasa-style yoga class is designed for those looking to learn, or return to, the foundations of yoga postures (asanas), alignment, breathing, and technique. Classes build heat, endurance, flexibility, and strength in a supportive environment, encouraging the link between mindful body movement and the breath. Appropriate for beginners as well as those with an ongoing practice. No yoga experience necessary.

12, 75 minute classes no class 3/23

W	12:00pm-1:15pm	3/9-6/1	\$106 / \$136	430131.10
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Hatha Yoga Age 16 & up

This is a great class for those with limited experience, as well as the yoga practitioner who is ready to explore their edge. Class explores individual limits with a focus on alignment, while building strength and increasing participants' comfort level.

12, 90 minute classes no class 3/27, 5/29

Su	1:00-2:30pm	3/6-6/5	\$112 / \$144	430230.00
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Hatha Yoga For Kids Age 5-15

This children's class, is fun and develops concentration, strength, confidence, and self-control! Yoga teaches children about their bodies and how to honor their uniqueness. Age appropriate yoga postures, movements, and relaxation techniques help to create supple, strong bodies that can adapt to the dynamics of life. Additionally, Hatha Yoga for Kids stresses concentration and self-esteem.

12, 45 minute classes no class 3/27, 5/29

Su	2:45-3:30pm	3/6-6/5	\$88 / \$112	430430.00
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Meditation Age 16 & up

Have you ever wanted to try meditation? Take a relaxing break from your chaotic morning, and join our beginning class. No experience necessary. Beth Renne is an Integrative Nurse Practitioner and Mind Body Specialist with many years of experience in the health care field. She uses

meditation and related techniques to help her clients manage their stressful lives. Senior discount does not apply.

12, 60 minute classes

no class 3/25

F	11:30am-12:30pm	3/11-6/3	\$98 / \$128	431030.50
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Pilates Age 16 & up

Pilates is an innovative system of mind and body exercises, which dramatically transform the way your body looks, feels and performs. Build strength; gain long, lean muscles; and develop flat abdominals and a strong back, while improving your muscle elasticity and joint mobility. But most importantly, come and have fun!

12, 60 minute classes

no class 3/23, 3/26, 5/28

W	10:30-11:30am	3/9-6/1	\$98 / \$128	431130.30
Sa	9:00-10:00am	3/5-6/4	\$98 / \$128	431130.60

Toning Barre Age 16 & up

Toning Barre is an energetic and fun workout that fuses techniques from dance, pilates, and yoga that will tone, define and chisel the whole body. No dance experience is necessary! Toning Barre implements various Barre methods which are the perfect combination of strength and flexibility with added cardio to burn fat fast. The workout is safe for all ages and fitness levels with modifications provided for most movements.

12, 60 minute classes

M	8:15-9:15pm	3/7-5/23	\$112 / \$144	431131.10
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Tai Chi & Qi-Gong Age 16 & up

Come learn the principles of the Yang-24 movement of Tai-Chi. "Chi" is known as life force energy and the cultivation of this chi can help one stay healthy in mind, body and spirit. Each week participants will learn about the 8 pieces of Brocade (BaDuanJin) which is a popular form of Chinese medical Qi-gong. These breathing exercises will warm-up the body for the tai-chi practice. During the tai-chi segment of the class, participants will learn how to breathe deep into the core and to release tension and stress. This class is wonderful for people who are looking to increase their individual balance, flexibility and strength. Senior discount does not apply.

12, 60 minute classes

no class 3/25

F	10:15-11:15am	3/11-6/3	\$173 / \$216	431330.50
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Yoga for Stress Age 16 & up

This restorative yoga class will introduce participants to the healing components of a yoga practice. We each have everyday stressors that constantly wear us down mentally, physically and spiritually. Come every week to a class that will teach you the skills to deal with these everyday stressors. You will learn breathing techniques, meditation and bodywork that will help you to become more knowledgeable about where and how you hold stress in your body. Learn how to relax into the awareness of the present moment and to let go of the judging thoughts which affect your body and your emotions. Senior discount does not apply.

12, 60 minute classes

no class 3/25

F	9:00-10:00am	3/11-6/3	\$173 / \$216	431331.50
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SPRING BREAK CAMPS

Be Playful

Dancing Fairies Age 3-5

Join a world where butterflies, flowers, gnomes and dragonflies flourish and fairies rule. This storybook camp is built around a theme where our youngest dancers can exercise their imaginations to the fullest, while exercising their balance and coordination through pre-ballet and basic tumbling. We will go to the baby pool on Tuesday and Thursday and outdoors to Bready Park playground when the weather permits. Send a snack and lunch each day. No peanut products please. Ballet slippers, leotard and tights required.

5, 5 hour classes

M-F	9:00am-2:00pm	3/21-3/25	\$120 / \$150	480000.11
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Pre-Engineering with Star Wars Legos Age 5-11

The Force Awakens in this introductory engineering course for young Jedi. Explore engineering principles by designing and building projects such as LEDO X-Wings, R2 units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire! with the guidance of a Play-Well TEKologies instructor. Please bring a snack/drink each day.

5, 3 hour classes

Age 5-7

M-F	9:00am-12:00pm	3/21-3/25	\$159 / \$199	480010.01
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Age 7-11

M-F	1:00-4:00pm	3/21-3/25	\$159 / \$199	480010.02
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Traveling Teens Camp Age 12-17

Do not let your spring break go to waste, experience a new adventure each day! Camp requires independence, responsibility, and good judgment from participants. Personal items and care are the responsibility of the participant. Cost includes supervision, van transportation, and admissions. Bring a sack lunch, swim suit and towel each day.

1, 8.5 hour classes

8:30am-5:00pm

M	Laser Tag	3/21	\$50 / \$50	480020.10
Tu	Newseum	3/22	\$45 / \$45	480020.20
W	Paint Ball	3/23	\$75 / \$75	480020.30
Th	The Zone Arcade	3/24	\$50 / \$50	480020.40
F	Flight Trampoline	3/25	\$45 / \$45	480020.50

Spring Break Camp Age 6-11

Just what a parent needs when school is out for spring break! There is sure to be something to please every child with crafts, sports, games and indoor swimming. Please wear appropriate clothing for these activities and bring a full lunch with a snack each day.

5, 10.5 hour classes

M-F	7:30am-6:00pm	3/21-3/25	\$120 / \$150	480110.11
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Acro/Gymnastics Camp Age 6-12

Learn elements of jazz and hip-hop with a focus on tumbling, choreographed to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts, crafts, and games. Bring a lunch, snack and a large T-shirt for crafts.

5, 6 hour classes

M-F	9:00am-3:00pm	3/21-3/25	\$145 / \$180	488310.10
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Extended Care for Acro/Gymnastics Camp

Camper Information Form must be completed to attend extended camps hours, which will be with the Spring Break Camp. Please provide an extra snack and drink.

M-F	3:00-6:00pm	3/21-3/25	\$60 / \$60	488310.11
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Tennis Camp Age 9-12

A great way for kids to spend their break outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. Individual instruction and match play are included. Students must provide their own racquet and a new can of balls. Bring snack, lunch and bathing suit every day in case of inclement weather during the session. Other sport activities such as racquetball and swimming will be included.

5, 7 hour classes

M-F	8:30am-3:30pm	3/21-3/25	\$175 / \$225	488610.10
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Extended Care for Tennis Camp

Camper Information Form must be completed to attend extended camps hours, which will be with the Spring Break Camp. Please provide an extra snack and drink.

M-F	3:30 - 6:00pm	3/21-3/25	\$60 / \$60	488610.11
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Birthday Parties

at the
Herndon Community Center

Celebrating
Made Easy!

Call to
Schedule
your Party
TODAY!

703-787-7300

Land - Pool Party Packages Available

All parties offer 75 minutes of an activity and an hour in the party room.

Tae Kwon Do for Little Kids Age 3-6

Tae Kwon Do provides much more than basic physical fitness. We teach children the basics including kicking, punching, self-defense, balance, discipline, focus, respect and group interaction. New exercises are introduced each week to help build a child's self-esteem and physical conditioning. Instruction provided by certified instructors under supervision of Master Adam Sterner of Sterner's Tae Kwon Do Academy. Uniforms are required and may be purchased at the first class for \$38. Optional belt testing will be available at the end of the session for an additional fee. Saturday class will be held at Sterner's Academy, 416 Elden Street, Herndon 20170. All other sessions will be held at the Herndon Community Center.

12, 30 minute classes no class 3/25, 3/26

F	6:00-6:30pm	3/11-6/3	\$115 / \$144	472000.50
F	6:30-7:00pm	3/11-6/3	\$115 / \$144	472000.51
Sa	1:45-2:15pm	3/12-6/4	\$115 / \$144	472000.60

Intro to Tae Kwon Do Age 7-14

One of the world's most popular martial arts, which has many physical benefits: strength, aerobics, flexibility, agility; and mental benefits: enhanced focus, confidence, discipline and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker's movements against him). Instruction provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

12, 60 minute classes no class 3/23

W	6:00-7:00pm	3/9-6/1	\$75 / \$96	472110.40
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Shotokan Karate Age 8 & up

A traditional Japanese karate class that covers basic techniques (kihon), form (kata) and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light, comfortable "workout" clothes. An optional test for rank will be given at the end of the session for an additional fee.

12, 60 minutes classes no class 3/25

F	7:05-8:05pm	3/11-6/3	\$67 / \$84	472250.50
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Jujitsu Age 13 & up

Jujitsu is an exceptionally effective martial art that is appropriate for a considerable range of applications, uses and abilities. It is a multifaceted art used by the military and law enforcement. It contains elements of nearly every fighting style system yet not overwhelming to a novice. Jujitsu is practical, adaptable and fun.

12, 60 minute classes no class 3/23

W	6:00-7:00pm	3/9-6/1	\$67 / \$84	472950.01
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Kendo Intro Age 13 & up

Kendo, the art of Japanese fencing, strives to bring one's mind, body, and spirit together as one. Introduction to this martial arts practice emphasizes a strong understanding of the practice basics, including etiquette, foot work, and basic strikes. No prior experience necessary. For more information about the program, contact tim.lander@herndon-va.gov.

12, 60 minute classes no class 3/27

Su	10:00-11:00am	3/13-6/5	\$38 / \$48	472450.01
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Kendo Advanced Age 13 & up

Class is geared towards Kendoka who have completed the introductory class and wish to further pursue the art of Kendo. Kendo Advanced is a more rigorous class teaching techniques for use in shinsa and shia. Gi, Hakama, Shinai, and approval from the instructor are required to join the class.

12, 90 minute classes no class 3/25, 3/27

Su	11:15am-12:45pm	3/13-6/5	\$57 / \$72	472550.50
F	8:15-9:45pm	3/11-6/3	\$57 / \$72	472550.51

Iaido Age 13 & up

Iaido, the Japanese art of drawing the sword, follows a set of kata, or forms, performed against an imaginary opponent, is considered a complimentary discipline to kendo. Due to the emphasis on inward focus, it has been referred to as a moving zen. Gi, Hakama, Bokken or Iaito and approval from the instructor is required to join the class.

12, 60 minute classes no class 3/27

Su	10:00-11:00am	3/13-6/5	\$42 / \$52	472650.01
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Fencing Age 9 & up

The sport of fencing is suitable to all ages. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

10, 2 hour classes

Su	4:00-6:00pm	4/3-6/5	\$90 / \$113	472750.01
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GETTING
HERE HAS
NEVER BEEN
SO EASY!

Route "937 Coppermine - Elden" runs 7 days a week with a stop in front of the Herndon Community Center. Learn more at <http://www.fairfaxcounty.gov/connector/pdf/map/937.pdf> or call 703-339-7200

HCC Admission Specials

\$2 TUESDAYS / **\$5 FRIDAYS**
for Seniors 65+ all day / from 12-9:30pm for all ages.

Parent Child Gymnastics Age 2-3

Parent-Child class is an enjoyable physical, mental and social experience for your child, centered on age appropriate movements, games and equipment. Participation will enhance your toddler's body awareness, build confidence with movement, and is also a great way for you and your child to meet new friends.

12, 45 minute classes no class 3/21, 3/22, 3/24, 5/26, 5/30

M	9:45-10:30am	3/7-6/6	\$84 / \$105	470000.10
Tu	9:45-10:30am	3/8-5/31	\$84 / \$105	470000.20
Th	9:45-10:30am	3/10-6/2	\$84 / \$105	470000.40
Sa	9:00-9:45am	3/12-6/4	\$84 / \$105	470000.60



Kiddie Play Zone Age 1-5

Bring your toddler, and enjoy open play, tumbling on the mats and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the entire gym.

12, 60 minute classes no class 3/23

W	10:30-11:30am	3/9-6/1	\$48 / \$48	469800.30
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»Munchkateers

This movement program combines fitness, elementary gymnastics, rhythm and games. Program will assist in developing your child's motor coordination, strength and flexibility. No experience necessary, but must be able to separate from parent and follow group instruction.

Munchkateers 1 Age 3-4

12, 45 minute classes no class 3/21, 3/22, 3/24, 3/26, 5/30

M	10:45-11:30am	3/7-6/6	\$84 / \$105	470100.10
Tu	10:45-11:30am	3/8-5/31	\$84 / \$105	470100.20
Th	10:45-11:30am	3/10-6/2	\$84 / \$105	470100.40
Sa	10:00-10:45am	3/12-6/4	\$84 / \$105	470100.60

Munchkateers 2 Age 4-6

12, 45 minute classes no class 3/21, 3/22, 3/24, 3/26, 5/30

M	11:45am-12:30pm	3/7-6/6	\$84 / \$105	470200.10
Tu	11:45am-12:30pm	3/8-5/31	\$84 / \$105	470200.20
Th	11:45am-12:30pm	3/10-6/2	\$84 / \$105	470200.40
Sa	11:00-11:45am	3/12-6/4	\$84 / \$105	470200.60

Young Beginner Age 5-7

This program is designed as a transition program to the Level gymnastics program. Class will focus on body positions, skill development and skill recognition. No experience necessary, but must be able to separate from parent, follow group instruction and learn gymnastics terminology.

12, 45 minute classes no class 3/21, 3/22, 3/24, 3/26, 5/30

M	4:15-5:00pm	3/7-6/6	\$84 / \$105	470310.11
Tu	4:15-5:00pm	3/8-5/31	\$84 / \$105	470310.20
W	5:00-5:45pm	3/9-6/1	\$84 / \$105	470310.30
Sa	12:00-12:45pm	3/12-6/4	\$84 / \$105	470310.60

»USA Level Gymnastics

The Level program includes instruction in floor exercise, balance beam and vaulting. Participants learn the fundamental progressions and are introduced to basic skills on each event. Advancement is based on obtaining the required skill and correct form.

Level 1 Age 5-12

No experience necessary but must be able to learn gymnastics terminology, and demonstrate walk on high beam, elementary forward roll, elementary back roll, elementary cartwheel, pullover on bars and tripod balance.

12, 45 minute classes

no class 3/21, 3/22, 5/30

Boys Age 5-12

M	4:15-5:00pm	3/7-6/6	\$84 / \$105	470410.11
Tu	4:15-5:00pm	3/8-5/31	\$84 / \$105	470410.21

12, 90 minute classes

no class 3/21, 3/22, 3/24, 3/26, 5/30

Girls Age 6-12

M	5:00-6:30pm	3/7-6/6	\$123 / \$158	470410.10
Tu	5:00-6:30pm	3/8-5/31	\$123 / \$158	470410.20
Th	5:00-6:30pm	3/10-6/2	\$123 / \$158	470410.40
Sa	12:00-1:30pm	3/12-6/4	\$123 / \$158	470410.60

Level 2 Age 6-12

Successful completion of Level I or the ability to demonstrate one long pull-up on bars, perform one long leg lift on bars, back hip circle on bars, proper handstand on floor, cartwheel on floor, bridge 10 seconds, one split, backward roll on floor, stretch jump on beam and front support mount on beam.

12, 90 minute classes

no class 3/21, 3/26, 5/30

M	6:30-8:00pm	3/7-6/6	\$123 / \$158	470510.11
Sa	1:45-3:15pm	3/12-6/4	\$123 / \$158	470510.60

Level 3 Age 6-12

Successful completion of Level II or the ability to demonstrate 3 long pull-ups on bars, 3 long leg lifts on bars, pullover bars, one arm cartwheel on floor, 2 splits, backward roll to pushup position, handstand forward roll, press hold on floor 10 seconds, tuck jump on beam, cross handstand on beam and dive forward roll on vault.

12, 90 minute classes

no class 3/22

Tu	6:30-8:00pm	3/8-5/31	\$123 / \$158	470610.20
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Tumbling For Teens Age 12-18

This class is designed for our more advanced athletes that are looking to maintain or further develop their tumbling skills – perfect for those looking to try out for middle or high school teams. Instructors will help athletes develop front and back walkovers, standing handsprings, round-off handsprings, and additional series tumbling. Athletes will focus on proper body positions and practice other various drills used to develop body awareness, strength, and proper tumbling form. REQUIREMENT: Athlete must be able to perform strong handstand snap downs, cartwheels and round-off rebounds.

12, 60 minute classes

no class 3/23

W	7:00-8:00pm	3/9-6/1	\$99 / \$124	470920.30
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CHEERLEADING

Beginner Cheerleading Age 5-12

This class is designed to introduce athletes to the fundamentals of cheerleading. Basic to intermediate skills will be taught based on proper progressions for tumbling, stunting, motions, jumps, cheers & dances, in a safe and age appropriate manner.

12, 45 minute classes

no class 3/24

Age 5-7

Th	4:15-5:00pm	3/10-6/2	\$84 / \$105	470910.40
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12, 45 minute classes

no class 3/23

Age 8-12

W	6:00-6:45pm	3/9-6/1	\$84 / \$105	470910.30
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Baby Ballerinas Age 2-3

Parent and child will participate together in this class designed to involve the parent in the very beginning process of dance training with your child. Music, coordination and gross motor skills are the foundations laid in this program. Designed to develop a child's natural movements and encourage creativity in the very young dancer. This class will teach basic ballet positions and focus on coordination through basic tumbling and floor work.

12, 45 minute classes

no class 3/21, 3/23, 3/26, 5/30

M	10:00-10:45am	3/7-6/6	\$87 / \$109	441100.11
W	10:00-10:45am	3/9-6/1	\$87 / \$109	441100.31
Sa	9:30-10:15am	3/12-6/4	\$87 / \$109	441100.61
Sa	4:15-5:00pm	3/12-6/4	\$87 / \$109	441100.62

Story Time Pre-Ballet Age 3-5

Combine pre-ballet, a little imagination and a lot of fun and what do you have? Story Time ballet class! Featuring pre-ballet technique for the first 40 minutes, then the last 20 minutes we will exercise your child's imagination by reading a short story equipping each child with a related prop and choosing special music to go with each story. Dance performance held the last day of class for parents.

12, 60 minute classes

no class 3/22, 3/24

Th	11:00am-12:00pm	3/8-6/2	\$87 / \$109	441011.41
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Ballet

Ballet helps build through its discipline, a graceful body with good posture and poise. Each class promotes correct body placement, strength and basic vocabulary. These techniques are studied through barre, center and combinations. Goals include proper posture and the learned choreography of a dance performance for the last day of class, to be held for family and friends. Student must be able to separate from parent and ready to follow group instruction.

12, 45 minute classes

no class 3/21-23, 3/26, 5/30

Beginner Age 3-5

M	10:45-11:30am	3/7-6/6	\$87 / \$109	441210.11
W	11:00-11:45am	3/9-6/1	\$87 / \$109	441210.31
Sa	10:15-11:00am	3/12-6/4	\$87 / \$109	441210.61
Sa	1:30-2:15pm	3/12-6/4	\$87 / \$109	441210.62

Intermediate Age 3-5

M	11:30am-12:15pm	3/7-6/6	\$87 / \$109	441410.11
Sa	11:00-11:45am	3/12-6/4	\$87 / \$109	441410.61

Ballet (continued)

Advanced Age 4-6

1 session/9 months experience required.

W	2:00-2:45pm	3/9-6/1	\$87 / \$109	441610.31
Sa	11:45am-12:30pm	3/12-6/4	\$87 / \$109	441610.62

Ballet/Tap/Jazz Age 5-12

Basic tap, jazz and beginning ballet technique class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

12, 60 minute classes

no class 3/26

Beginner/Intermediate Age 5-8

Sa	2:15-3:15pm	3/12-6/4	\$87 / \$109	442610.61
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Intermediate/Advanced Age 8-12

Sa	3:15-4:15pm	3/12-6/4	\$87 / \$109	442610.62
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Combination Dance Age 3-8

Dance instruction focuses on mastering combinations and vocabulary of basic ballet, jazz and tap steps. Dancers improve stamina, core skills, technique and rhythm offering the student experience in tap, ballet and tumbling technique.

12, 60 minute classes

no class 3/21, 3/24, 3/26, 5/30

Beginner Age 3-5

M	12:15-1:15pm	3/7-6/6	\$87 / \$109	444210.11
Th	10:00-11:00am	3/10-6/2	\$87 / \$109	444210.41
Sa	12:30-1:30pm	3/12-6/4	\$87 / \$109	444210.61

Intermediate/Advanced Age 4-8

M	1:15-2:15pm	3/7-6/6	\$87 / \$109	444310.12
M	4:30-5:30pm	3/7-6/6	\$87 / \$109	444310.11

Hip-Hop Age 4-12

Fun and upbeat style of dance focusing on coordination and strength. Hip Hop is most commonly seen in music videos and students will learn the newest styles, along with performance skills, energy and stamina. Emphasizes energy and incorporates basic jazz steps with a modern style.

12, 60 minute classes

no class 3/21, 3/24, 3/23, 5/30

Beginner Age 4-6

Th	4:30-5:30pm	3/10-6/2	\$87 / \$109	445310.41
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Intermediate Age 6-8

M	5:30-6:30pm	3/7-6/6	\$87 / \$109	445410.11
Th	5:30-6:30pm	3/10-6/2	\$87 / \$109	445410.41

Intermediate/Advanced Age 8-12

W	5:00-6:00pm	3/9-6/1	\$87 / \$109	445510.31
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Swing Dance Age 16 & up

Learn to jump, jive and wail by learning the triple and single East Coast swing. No experience needed.

12, 60 minute classes no class 3/23

W	6:00-7:00pm	3/9-6/1	\$87 / \$109	441130.31
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Adult Ballet Technique Age 16 & up

You will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. Class includes barre work and floor combinations. This is a class for dancers wishing to experience the joy of dance and to develop their performance skills! Open to all levels.

12, 90 minute classes no class 3/24

Th	6:30-8:00pm	3/10-6/2	\$128 / \$168	441230.21
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Dance Survival Class Age 16 & up

Learn easy moves to help you feel more comfortable on the dance floor. You will learn basic dance steps for several styles of dance to include salsa, two-step, tango, polka, rumba, cha-cha, swing, and waltz. We will also cover a few novelty dances. Next time you go to a wedding or a party, you will know just what to do!

12, 60 minute classes no class 3/23

W	7:00-8:00pm	3/9-6/1	\$87 / \$109	441231.31
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Dancercise Age 16 & up

Looking for a low-impact cardio workout? Love to dance but not exactly a dancer? This one's for you! Easy, fun dance steps using a variety of styles to give you a moderate-intensity workout. No experience needed. Jazz shoes recommended.

24, 60 minute classes no class 3/23, 3/24

W/Th	12:00-1:00pm	3/9-6/2	\$169 / \$218	444030.21
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Planning a Special Event or Meeting?

The Herndon Community Center can accommodate rental space for a small meeting with just a few people or a sit-down function up to 375 people. In addition, rentals can utilize our warming/catering kitchen. Call 703-787-7300 for information, or to arrange a tour of our facilities.

MAKE IT A FUN-TASTIC SUMMER

The Herndon Parks and Recreation Department helps create great summers for children ages 3-15. Our days are filled with friends, fun, learning, and adventure. Camps are designed to provide entertainment and enrichment for a few hours a day, half-day, or all day.

SUMMER CAMPS:

Herndon Odyssey for School Age



Teen Discovery



Preschool Camp

Nature Discovery



Dance & Arts

Star Wars Lego Pre-Engineering

Sports - Basketball, Tennis, Gymnastics, Table Tennis, Soccer & Multi-sports

EXTENDED CARE HOURS AVAILABLE

LOOK FOR OUR SUMMER CAMP BROCHURE, AVAILABLE ONLINE BY FEBRUARY 10 & PRINT AFTER FEBRUARY 23.

CAMP REGISTRATION BEGINS
WEDNESDAY, APRIL 27 FOR TOH RESIDENTS &
TUESDAY, MAY 3 FOR NON- TOH RESIDENTS

HERNDON-VA.GOV

NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

1.0-1.5 Beginner

Just starting to play; limited experience and trying to keep the ball in play.

2.0-2.5 Advanced Beginner

Incomplete swing and serving motion; incomplete service motion and avoids backhand; can sustain a short rally of slow pace; inconsistent volleys; can lob intentionally but with little control and can make contact on overheads.

3.0-3.5 Intermediate

Forehand fairly consistent with direction and depth; backhand has direction and control; consistent forehand volley and inconsistent backhand volley; starting to serve with control and some power, developing spin; can lob consistently on moderate shots and can sustain a rally fairly consistently; has improved court coverage.

4.0 Advanced

Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots.

Ask About Programs

Please call Suzanna Swalboski, Tennis Manager at 703-435-6800 x2110 for information on classes and programs.

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

» Youth**Pee Wee Age 4-5**

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

8, 30 minute classes

Tu/Th	4:00-4:30pm	4/5-4/28	\$52 / \$65	471000.20
Tu/Th	4:30-5:00pm	4/5-4/28	\$52 / \$65	471000.21
Tu/Th	4:00-4:30pm	5/10-6/2	\$52 / \$65	471000.22
Tu/Th	4:30-5:00pm	5/10-6/2	\$52 / \$65	471000.23

Beginner 1.0-1.5 Age 6-15

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

8, 45 minute classes no class 5/28**Age 6-8**

Tu/Th	5:00-5:45pm	4/5-4/28	\$72 / \$90	471110.20
Tu/Th	5:00-5:45pm	5/10-6/2	\$72 / \$90	471110.21
Sa	9:00-9:45am	4/9-6/4	\$72 / \$90	471110.60

8, 60 minute classes no class 5/28**Age 9-15**

Tu/Th	6:00-7:00pm	4/5-4/28	\$72 / \$90	471210.20
Tu/Th	6:00-7:00pm	5/10-6/2	\$72 / \$90	471210.21
Sa	11:00am-12:00pm	4/9-6/4	\$72 / \$90	471210.60

OUTDOOR WEATHER POLICY Decision on outdoor programs/classes will be made one hour prior to the start of class. Late cancellations may occur due to unpredictable weather conditions. Programs/classes are scheduled for make-ups by the program supervisor. Call 703-435-6866.

Advanced Beginner 2.0-2.5 Age 6-15

Instructor will follow USTA's Quickstart format using smaller courts and age appropriate equipment.

8, 45 minute classesno class 5/28**Age 6-8**

M/W	5:00-5:45pm	4/4-4/27	\$72 / \$90	471111.10
M/W	5:00-5:45pm	5/9-6/1	\$72 / \$90	471111.11
Tu/Th	5:00-5:45pm	4/5-4/28	\$72 / \$90	471111.20
Tu/Th	5:00-5:45pm	5/10-6/2	\$72 / \$90	471111.21
Sa	10:00-10:45am	4/9-6/4	\$72 / \$90	471111.60

8, 60 minute classesno class 5/28**Age 9-15**

M/W	6:00-7:00pm	4/4-4/27	\$72 / \$90	471211.10
M/W	6:00-7:00pm	5/9-6/1	\$72 / \$90	471211.11
Tu/Th	6:00-7:00pm	4/5-4/28	\$72 / \$90	471211.20
Tu/Th	6:00-7:00pm	5/10-6/2	\$72 / \$90	471211.21
Sa	10:00-11:00am	4/9-6/4	\$72 / \$90	471211.60

Intermediate 3.0-3.5 Age 11-15**8, 60 minute classes**no class 5/28

M/W	7:00-8:00pm	4/4-4/27	\$72 / \$90	471213.10
M/W	7:00-8:00pm	5/9-6/1	\$72 / \$90	471213.11
Sa	11:00am-12:00pm	4/9-6/4	\$72 / \$90	471213.60

Advanced 4.0 Age 12-15**8, 60 minute classes**

Tu/Th	7:00-8:00pm	4/5-4/28	\$72 / \$90	471214.20
Tu/Th	7:00-8:00pm	5/10-6/2	\$72 / \$90	471214.21

High School 4.0 Age 14-17**8, 60 minute classes**no class 5/28

Sa	12:00-1:00pm	4/9-6/4	\$72 / \$90	471315.20
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» Adult**Beginner 1.0 Age 16 & up****8, 60 minute classes**no class 5/28

M/W	6:00-7:00pm	4/4-4/27	\$77 / \$96	471530.10
M/W	6:00-7:00pm	5/9-6/1	\$77 / \$96	471530.11
Sa	8:00-9:00am	4/9-6/4	\$77 / \$96	471530.60

Advanced Beginner 2.0-2.5 Age 16 & up**8, 60 minute classes**no class 5/28

M/W	7:00-8:00pm	4/4-4/27	\$77 / \$96	471531.10
M/W	7:00-8:00pm	5/9-6/1	\$77 / \$96	471531.11
Sa	9:00-10:00am	4/9-6/4	\$77 / \$96	471531.60

Intermediate 3.0-3.5 Age 16 & up**8, 60 minute classes**no class 5/28

M/W	8:00-9:00pm	4/4-4/27	\$77 / \$96	471532.10
M/W	8:00-9:00pm	5/9-6/1	\$77 / \$96	471532.11
Sa	10:00-11:00am	4/9-6/4	\$77 / \$96	471532.60

Advanced 4.0 Age 16 & up**8, 60 minute classes**

Tu/Th	7:00-8:00pm	4/5-4/28	\$77 / \$96	471533.10
Tu/Th	8:00-9:00pm	4/5-4/28	\$77 / \$96	471533.11
Tu/Th	7:00-8:00pm	5/10-6/2	\$77 / \$96	471533.12
Tu/Th	8:00-9:00pm	5/10-6/2	\$77 / \$96	471533.13

INDOOR TENNIS

Be Quick

» Youth

Pee Wee Age 4-5

Beginning tennis fundamentals. Student should come with own tennis racquet and wear tennis shoes.

4, 30 minute classes

no class 3/23, 3/24

W	4:00-4:30pm	3/9-4/6	\$20 / \$24	391200.32
Th	4:00-4:30pm	3/10-4/7	\$20 / \$24	391200.42

Beginner 1.0-1.5 Age 6-8

4, 60 minute classes

no class 3/24

Th	9:00-10:00am	3/10-4/7	\$39 / \$48	392410.41
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Advanced Beginner 2.0-2.5 Age 6-8

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

4, 60 minute classes

no class 3/22

Tu	4:00-5:00pm	3/8-4/5	\$39 / \$48	393110.22
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Advanced Beginner 2.0-2.5 Age 9-11

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

4, 60 minute classes

no class 3/22

Tu	5:00-6:00pm	3/8-4/5	\$39 / \$48	393210.21
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Advanced Beginner 2.0-2.5 Age 9-15

All students must provide their own racquet and wear tennis shoes. All youth classes will emphasize tennis fundamentals.

4, 60 minute classes

no class 3/21

M	5:00-6:00pm	3/7-4/11	\$39 / \$48	393220.11
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Intermediate 3.0-3.5 Age 9-15

Must pass tryout to register. Please call 703-435-6800 ext. 2114 to schedule a tryout. All students who were enrolled in the indoor class (not outdoors) from last season or prior seasons may enroll without a tryout.

4, 60 minute classes

W	5:00-6:00pm	3/9-4/6	\$39 / \$48	393520.31
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» Adult

Adult Beginner 1.0 Age 16 & up

All students must provide their own racquet and wear tennis shoes.

4, 60 minute classes

M	9:00-10:00am	3/7-4/11	\$45 / \$60	394030.11
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Indoor Tennis 2016-17

Tennis Bubble Hours: Monday - Friday: 6:30am-10:30pm;
Saturday & Sunday: 7:00am-10:00pm

Open Monday, September 19, 2016, - Sunday, April 16, 2017

Contract Season 2016-2017

April 14	TOH residents with current court time
April 27	TOH residents requesting new court time Any NR individual with a current contract wishing to reserve the same time as 2015. TOH residents have priority.
May 11	Any individual with a current contract wishing to reserve a different time from his/her 2015-16 contract time. Any NR seeking contract time.

Court cost is per hour

CONTRACT TIME **RANDOM TIME***

Prime Time (after 5:00pm, Mon-Fri; Sat & Sun all day):

Adult TOH Resident	\$26	\$30
Adult Non-Resident	\$34	\$38

Non-Prime Time (before 5:00pm weekdays):

Adult TOH Resident	\$23	\$25
Adult Non-Resident	\$30	\$32
Youth/Senior TOH (a)	\$20	\$22
Youth/Senior Non-Resident (a)	\$24	\$26

(a) Youth = 17 and under Senior = 65 and older

* Reservations for random time may be made seven days in advance.
ID required for Town of Herndon Resident rates.

Senior Doubles League

Registration for the September-December league will begin in August. Registrations will be accepted at the Herndon Community Center and online. Registration for the January-April season will be in December.

Early Bird, Men's and Women's Double Leagues

Registrations will be accepted for September-December league starting April 14. Registrations for the January-April season will be in December.

Additional Fee Information

Seasonal Contract Rates are applicable only when the contract period is taken for the full season. For more information, contact parksandrec@herndon-va.gov. The TOH rate is applicable only when there is an active resident player for each court rented. Multi-court rentals during the same day and time period must have a different resident player for each court.

Please call the Tennis Manager at **703-435-6800 x2114** for more information.

MARCH MADNESS ADVANCED AGE 9 & UP

Enroll in an advanced class after having completed four full sessions of the previous level or receiving instructor's approval. 4.0. Can hit forehand and backhand consistently with depth and control; places both first and second serves often with power and spin; depth and control on forehand volleys and can direct backhand volleys; can put away overheads and follow aggressive shots to net; able to lob defensively on difficult shots. **Taught by Pro Rick**

Johnson.

4, 60 minute classes

no class 3/22

Age 9-15

F	5:00-6:00pm	3/4-4/1	\$75 / \$92	394430.50
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Age 16 & up

Tu	5:00-6:00pm	3/1-3/29	\$75 / \$92	394430.20
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Happy Feet Soccer Age 2-5

It's story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness.

Age 2-3

8, 30 minute classes no class 3/26

Sa	9:20-9:50am	3/12-5/7	\$51 / \$64	473000.52
Sa	9:55-10:25am	3/12-5/7	\$51 / \$64	473000.53
Sa	10:30-11:00am	3/12-5/7	\$51 / \$64	473000.54

6, 30 minute classes no class 5/28

Sa	9:20-9:50am	5/14-6/25	\$38 / \$48	473000.56
Sa	9:55-10:25am	5/14-6/25	\$38 / \$48	473000.57
Sa	10:30-11:00am	5/14-6/25	\$38 / \$48	473000.58

Age 4-5

8, 30 minute classes no class 3/26

Sa	11:10-11:40am	3/12-5/7	\$51 / \$64	473000.55
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6, 30 minute classes no class 5/28

Sa	11:10-11:40am	5/14-6/25	\$38 / \$48	473000.59
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Nova Legends Soccer Age 6-12

Want to improve your dribbling and scoring goals? Classes focus on the development of a child's individual skills. Focus is on improving each child's self-concept, bravery, leadership and character for life. Players are challenged to try some of the most difficult deceptive dribbling techniques in small spaces to improve quickness, agility and decision-making. Coaches are licensed and trained in the very specific Legends Training methodology. Classes are held indoors; appropriate footwear is required.

8, 45 minute classes no class 3/26

Sa	11:45am-12:30pm	3/12-5/7	\$75 / \$94	473110.50
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6, 45 minute classes no class 5/28

Sa	11:45am-12:30pm	5/14-6/25	\$56 / \$70	473110.51
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Birthday Parties

at the Herndon Community Center

Celebrating Made Easy!
Call to Schedule your Party TODAY!
703-787-7300

Land - Pool Party Packages Available
All parties offer 75 minutes of an activity and an hour in the party room.



Fit, Play, Learn Age 6-14

Home School P.E. is a comprehensive and fun physical education program that provides students with the building blocks to become physically fit and educated. Children will receive high levels of personalized attention by our instructors in a variety of fundamental sports skills. Benefits of the program include: fundamental fitness skills training, team building and social skills, muscular conditioning, aerobic endurance, improved confidence, basic nutrition, sport and fitness programs, and Presidential fitness training, testing and awards.

8, 60 minute classes no class 3/23

W	1:30-2:30pm	3/2-4/27	\$52 / \$65	474010.30
W	1:30-2:30pm	5/4-6/22	\$52 / \$65	474010.31

Basketball Age 8-12

The Winning Lives Character Education Basketball program integrates the fundamentals of basketball with interactive exercises to build positive character traits. Using real-life scenarios, the goal is to build children's self-esteem, character, and social emotional learning skills while they have fun playing the sport they love.

8, 60 minute classes no class 3/25

F	6:30-7:30pm	3/11-5/6	\$80 / \$100	476010.60
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Corporate Memberships

Keep employees healthy and productivity high! Businesses can supplement their benefits through our corporate membership program. Here are a few of the affordable admission options available:

1. We track the number of employee visits per month, and you pay for those visits at the end of the month. You'll receive a discount depending on the number of visits per month.
2. You pay an annual fee based on the size of the company and a monthly fee per participating employee. Or the organization may pay the annual fee and employees can then pay their own monthly fees.
3. You buy one-day admissions or a variety of multiple-day passes to give to employees as incentives or rewards for a job well done.

Contact Ron Tillman, Community Center Manager
at 703-435-6800 x2116 for more details.

Spring 2016 Open Gym Schedule

Su	M	Tu	W	Th	F	Sa
	11:30am-2:30pm		11:30am-2:30pm	11:30am-2:30pm	11:30am-2:30pm	8:00-11:00am
	2:45-5:15pm	2:45-5:15pm	2:45-4:45pm	2:45-5:15pm	2:45-5:15pm	1:00-5:00pm
	8:00-10:00pm	7:30-10:00pm		8:00-10:00pm	7:30-10:00pm	

Friday evening open gym may be canceled for special events.
Youth = 17 & under

This schedule is subject to change - check monthly schedule.

- Adult Open Gym
- Adult Basketball
- Adult Volleyball
- Adult Badminton
- Teen Open Gym
- Youth Open Gym

ICE BREAKER 5K



SUNDAY
MARCH
13

JOIN US FOR
THE 2ND ANNUAL
ICE BREAKER
FAMILY FUN RUN 5K

**LET'S PUT WINTER
BEHIND US! GET ACTIVE
OUTSIDE AND PREPARE
FOR THE SPRING.**

**AGES
4&UP**

RACE STARTS
AT 8AM

PRE-REGISTRATION
(ENDS 3/11 AT 12:00PM) IS
\$20 PER RUNNER AND
\$25 ON RACE DAY.

357150.00

The course will take you
through a scenic section of
Herndon around the Herndon
Parkway and Sugarland
Run Trail. Sport Tek T-shirts
guaranteed to the first 500
registered runners.

TOWN PARKS & STREAM CLEAN-UP

SAT., APRIL 2
8:00AM – 12:00PM
RUNNYMEDE PARK

BRING WORK GLOVES AND WEAR SUITABLE CLOTHING.

Teams will be assigned to areas in the park and
other locations around the Town. You can make a
big difference in a short amount of time in a team
effort! A great opportunity for kids to earn those
community service hours.

To volunteer as an individual or as a group, contact
the Town Forester at 703-435-6800 x 2014.

Sponsored by the Friends of Runnymede Park, Town of Herndon
Parks & Recreation and Community Development Departments.

BIKE TO WORK DAY FRIDAY MAY 20



JOIN THIS REGIONAL FAVORITE DAY
TO ENCOURAGE A CLEAN, HEALTHY
AND FUN WAY TO GET TO WORK
AND GET AROUND - BY BIKING.

REGISTRATION
OPENS IN **MARCH**

REGISTER ONLINE FOR THE HERNDON
PITSTOP AT TOWN HALL GREEN AT
BIKETOWORKMETRODC.ORG
& BE ELIGIBLE TO WIN PRIZES
AND A FREE T-SHIRT.

Trout Fishing Derby
SEE **PAGE 32** FOR DETAILS!

*Dive-In
Movie*

SEE **PAGE 32** FOR DETAILS!

FEATURING
**INSIDE
OUT**

Easter Egg Hunt

**SATURDAY,
MARCH 26**

Age 5-7

9:30am
454500.61

Age 3-4

10:15am
454500.62

Walking-2

11:00am
454500.63

\$9*



One of the most egg-citing annual events for Herndon children will take place on Saturday, March 26. Children are invited to bring their parents, cameras, baskets and egg-hunting shoes for a fun-filled morning. Games, arts and crafts and music will begin at 9:30am., along with a photo opportunity with the Easter Bunny. *Registration is \$9 in advance, \$10 at the gate (cash or check only day-of event). Event takes place at 777 Lynn Street behind the Herndon Municipal Center. Parking is available at the various parking areas in downtown Herndon. *Event held rain or shine.*



Herndon
2016 Festival

JUNE 2-5

- ✧ Three Entertainment Stages
- ✧ Carnival
- ✧ Fireworks - Thurs. & Sat.
- ✧ 10K/5K Races & Fitness Expo
- ✧ Kids' Alley
with Children's Hands-On Art Area
- ✧ Business Expo
- ✧ Arts & Crafts Vendors
- ✧ Food Vendors
- ✧ Free Shuttle Bus Service

**FREE
ADMISSION**

**HISTORIC
DOWNTOWN
HERNDON**

HerndonFestival.net ★ 703-787-7300

**SUNDAY
JUNE 5**



10K/5K RACES & FITNESS EXPO

The 10K and 5K race course takes you through historic downtown Herndon. Both the courses are USATF certified. Awards are presented to the top two finishers from each age group from the 10 & under, to 70 & over.

Want to train but don't know how to get started or maybe you want to improve your time? See page 14 for the Herndon Festival 10K/5K training class.

**VOLUNTEERS
NEEDED!**

Individual and Group
Volunteer opportunities
are available at
[herndonfestival.net/
volunteer](http://herndonfestival.net/volunteer)

Learn to Crochet Age 10-16

Why settle for store bought items when you can make them yourself? In this class you'll learn the basics of crochet, choosing the right yarn and necessary tools and mastering the basic stitches to create your masterpiece. Practice yarn and hooks will be provided for class use. Participants are encouraged to select and purchase their own supplies to make their item.

3, 90 minute classes

Th	6:00-7:30pm	3/31-4/14	\$40 / \$40	410231.41
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Art in Hand Age 18 months-5 years

Creativity will blossom this spring in this parent/child class specially designed for the youngest artists. Each week, an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction inspired by the colors and textures of the season. Our developmental approach will stimulate the senses, spark imaginations, and support emerging language, social, and problem-solving skills. Most of all, you and your child can be creative, have fun and make the mess away from home!

12, 45 minute classes

no class 3/25

Age 18 months-3 years

F	10:15-11:00am	3/11-6/3	\$173 / \$222	410400.50
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Age 3-5 years

F	11:15am-12:00pm	3/11-6/3	\$173 / \$222	410400.51
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Crafts for Kids Age 8-12

Bring out your child's creative side with these fun spring-themed crafts. Your child will be able to make one or more crafts each class. Participants will make amazing crafts including kites, birdhouses, rainbows and flowers. All supplies included.

6, 90 minute classes

no class 3/23

W	6:00-7:30pm	3/9-4/20	\$60 / \$75	410402.31
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NEW! AGE 13-18

Teen Painting Party

WEDNESDAY
5:30-8:30PM

MARCH 23 OR MAY 18
(410521.31) (410521.32)



Get creative with a canvas, paint brushes and friends! No art experience required! A professional (and fun) artist from Pinot's Palette-Dulles will instruct step-by-step so everyone will successfully create a "masterpiece". SING ME A SONG is the featured painting. The spring colors are amazing but you are the artist. Perhaps change it to pink, orange or purple? It's your canvas. Art, great music, refreshments and friends!

Pottery

Kidz on Wheelz Age 10-13

Explore your creativity while learning hand-building and potter's wheel techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Art supplies included.

6, 90 minute classes

no class 3/21

M	5:00-6:30pm	3/7-5/2	\$96 / \$120	410010.11
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Hand Built Pottery Age 16 & up

Create pottery without a wheel. Discover the world of handbuilding with clay. This class is designed for people who have an interest in working with clay and gives students experiences in making functional as well as sculptural pieces, using a variety of techniques including slab, coil and pinch pots. This class will help bring out the hidden artist in you! Includes 25 lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes

no class 3/22

Tu	6:30-9:00pm	3/8-5/3	\$150 / \$188	410140.21
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Beginning Wheel Age 16 & up

Beginners will learn the basic techniques of throwing on the wheel to include wedging, centering, pulling, trimming, use of tools and glazing techniques. Begin this wonderful craft with good habits and positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Use of tools and 25 lbs. of clay included; additional clay may be purchased.

8, 2.5 hour classes

no class 3/21

M	6:30-9:00pm	3/7-5/2	\$150 / \$188	410150.11
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Intermediate Wheel Age 16 & up

Intermediate Wheel is open to students who have some previous pottery wheel experience and are looking to build on their current skills. Class will focus on perfecting basic techniques of throwing, using tools and glazing techniques. Includes 25lbs of clay, glazes and kiln use. Additional clay may be purchased as needed.

8, 2.5 hour classes

no class 3/22

Tu	6:30-9:00pm	3/8-5/3	\$150 / \$188	410160.21
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Financial Assistance & Scholarship Program

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs for those who qualify for federal assistance. Assistance is available for most classes and programs; exclusions are programs meeting three times or fewer, private instruction, programs longer than twelve weeks, trips, daily admission, court payments, facility rentals or passes to the facility.

Additionally, the town provides scholarships to eligible citizens, which may supplement the town's financial assistance program. Scholarships are funded by donation. Contact the Assistant Community Center Manager at 703-435-6800 x 2107 for more information or contact the Herndon Community Center for assistance.

Take Better Pictures Age 16 & up

Take better pictures with whatever camera you have. While emphasis is on digital single lens reflex cameras, the majority of subject matter applies to photography with any camera, including smart phones and point and shoot cameras. Topics covered include: qualities of light, composition, creative use of camera controls and flash. Learn how to optimize your photographs and archive them for storage and display.

8, 90 minute classes no class 3/24

Th	7:00-8:30pm	3/10-5/5	\$75 / \$94	460130.41
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Cooking

Adult/Child Cooking - 3 Main Dishes Age 6-17

Cooking with your kids is not just fun; it's good for you. We'll make chicken fajitas, lemon-pepper salmon and shrimp lo-mein.

1, 90 minute class

F	6:30-8:00pm	3/11	\$35 / \$35	460150.51
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Adult Cooking: Using Rotisserie Chicken Age 18 & up

Leftover rotisserie chicken is an easy ingredient for busy weeknights. Learn to make three healthy, quick and delicious dishes: Chinese spiced chicken soup, Chesapeake chicken pasta salad and Chicken enchiladas.

1, 90 minute class

Th	6:30-8pm	4/7	\$25 / \$25	460030.31
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Kids Can Cook Age 6-12

Learn to make potato chipped grilled cheese and fruit salad.

1, 60 minute class

Th	5:30-6:30pm	4/14	\$20 / \$20	466010.41
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Safety

CPR/AED & First Aid Age 14 & up

American Heart Association course includes CPR/AED for adults, children and infants and basic First Aid. Great class for teachers, personal trainers, scout leaders or anyone who needs CPR for work. Certification is valid for 2 years.

1, 6 hour class

Su	12:30-6:30pm	3/13	\$95 / \$95	460050.71
Su	12:30-6:30pm	4/24	\$95 / \$95	460050.72
Su	12:30-6:30pm	5/22	\$95 / \$95	460050.73

BLAST (Babysitters Lessons & Safety Training) Age 11-14

Jump ahead of other babysitters in your neighborhood! This course is provided through the American Academy of Pediatrics (AAP). It is highly interactive and energetic, with many necessary sitter skills and role play scenarios. It covers CPR, choking and first aid, but its focus is on sitter basics, injury prevention, safety, kid activities and getting the job. A colorful booklet and course certification card are provided. This course also meets merit badge requirements for babysitting for scouts. This is a FCPS teacher workday.

1, 4 hour class

F	12:00-4:00pm	4/22	\$86 / \$86	460051.51
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NEW!

Herndon Kids Club Age 5-10

Come check out the newly-established Herndon Kids Club which provides your child a perfect opportunity to stay active and have productive fun on a Friday night. Our staff will have a variety of activities, group games, experiments, and crafts to keep everyone entertained. A pizza dinner will be provided.

1, 3.5 hour class

F	6:30-10:00pm	3/4	\$20 / \$20	460010.50
F	6:30-10:00pm	4/8	\$20 / \$20	460010.51
F	6:30-10:00pm	5/13	\$20 / \$20	460010.52
F	6:30-10:00pm	6/10	\$20 / \$20	460010.53

Got Program Ideas?

We want to know if there is a program topic/subject you or your child would like to learn more about. Email your ideas to Cynthia.Hoftiezer@herndon-va.gov.

Mission Statement

"Promoting a sense of community and enriching the quality of life."

The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs, in addition to those provided by Fairfax County.



Parks in Herndon

Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

Bready Park

Located on Ferndale Ave., adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three indoor tennis courts September-April, soccer field and a playground. Sports fields are available for scheduled leagues. *Shelter is available for reservation.*

Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field and a fenced dog park.

Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, and a mini basketball court to accommodate younger children, as well as playground for ages 5-12, and a tot lot.

Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a new playground for ages 5-12, and a tot lot. Indoor bathrooms seasonally.

Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches and an open play space.

Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study and picnicking. Park includes two picnic shelters and a paved accessible trail.

Shelters are available for reservation.

Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is very rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*

FIND A PARK NEAR YOU



97.3% of Town of Herndon residents surveyed were satisfied with the condition of town parks.

GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding Trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov.

Herndon Community Center Admission and Passes

TOH = Town of Herndon resident rate
requires ID with address for every transaction
NR = Non-resident rate

All admissions and passes are nonrefundable.

Daily	TOH/NR
Adults.....	\$6.50/\$7.50
Seniors.....	\$5.25/\$6.25
Youth.....	\$5.25/\$5.50
Family.....	\$18/\$22.50
<i>(Up to 5 family members, 2 adults maximum)</i>	

10-Admission Pass	TOH/NR
Adults.....	\$58/\$69
Youth/Senior.....	\$46/\$52

25-Admission Pass	TOH/NR
Adults.....	\$130/\$160
Seniors.....	\$98.50/\$140.50
Youth.....	\$96.25/\$103.25

Monthly 30-Day Pass	TOH/NR
Adult.....	\$52.50/\$70.25
Adult 2-Person*.....	\$82/\$109.25
Youth Single.....	\$47.25/\$50
Senior Single.....	\$36.75/\$62
Senior 2-Person*.....	\$57.50/\$96.25
Senior 2-Person* Sr/Non Sr.....	\$70/\$100
Dependent Youth**.....	\$13.50/\$18

6-Month Pass ⁽¹⁾	TOH/NR
Adult.....	\$261.75/\$349
Adult 2-Person*.....	\$411/\$548
Youth Single.....	\$215/\$307
Senior Single.....	\$215/\$307
Senior 2-Person*.....	\$338/\$481.50
Senior 2-Person* Sr/Non Sr.....	\$350.25/\$500.50
Dependent Youth**.....	\$65/\$86.50

Annual Pass ^(1,2)	TOH/NR
Adult.....	\$470.25/\$627
Adult 2-Person*.....	\$739/\$985.25
Youth Single.....	\$329.25/\$551.75
Senior Single.....	\$329.25/\$551.75
Senior 2-Person*.....	\$517.25/\$866.75
Senior 2-Person* Sr/Non Sr.....	\$630/\$900
Dependent Youth**.....	\$116.75/\$155.75

* Both adults must reside in the same household and have ID to purchase a 2-person pass.

** Dependent pass must be purchased with adult pass.

1 One complimentary session with a fitness trainer is included for all new annual and 6-month pass holders.

2 Annual pass holders receive a 10% discount on all classes (except those classes meeting one time).

Pass and Daily Admission Fee Includes

- use of pool, gymnasium (age 12 & under) and the fitness room (age 16 & older)
- admission to Drop-In regularly scheduled fitness classes (see Drop-In Fitness schedule)

Annual and 6-Month Pass Holders

- Entitled to one free session with a personal trainer. See Fitness Staff for details.

Annual Pass Holders

- Receive 10% discount on all classes (except those classes meeting only once), in addition to the one free training session.

Age Categories:

Youth:	17 & under
Adult:	18 & older
Seniors:	65 & older
Children:	Admitted free under age 2 with a paying adult

Pool Use:

Children 6 & under: an adult must accompany child in the water
Children 8 & under: must be accompanied by an adult

Gymnasium Use:

Youth: must be 12 & older
Youth Open Gym: weekends only age 8-11 must be accompanied by a paying adult

Fitness Room Use:

Age 12 & 13: must be accompanied by an adult and earn Youth Fitness ID
Age 14 & 15: must earn Youth Fitness ID to use fitness room

Locker Room Use:

Children 5 & under: permitted in locker room of opposite sex
Family Locker Rooms: for parents with children over the age of 5, located in guard office

Racquetball, Badminton, Table Tennis & Wallyball

Badminton and Wallyball rentals are two-hour sessions. The courts can also be reserved for table tennis. Racquetball and table tennis reservations are in one-hour sessions.

Prime Time Hours:	Monday-Friday, 4-10pm, Saturday & Sunday, 7am-2pm
Prime Time:	admission fee per player \$4 per hour + \$3.50 per session wallyball
Non-Prime Time:	admission fee per player \$2 per hour + \$2 per session wallyball

Town of Herndon Town Council

Lisa C. Merkel, Mayor
Jennifer Baker, Vice Mayor
David A. Kirby, Councilmember
Steven Lee Mitchell, Councilmember
Sheila A. Olem, Councilmember
Jasbinder Singh, Councilmember
Grace Han Wolf, Councilmember
Arthur A. Anselene, Town Manager

Parks & Recreation Department Staff

Cindy S. Roeder, Director
Cynthia Hoftiezer, Deputy Director
Nancy Burke, Administrative Assistant
Lori Rowland, Office Assistant
Vacant, Recreation Program Coordinator
Abby Kimble, Marketing Specialist
Kerstin Severin, Aquatic Services Manager
Dylan Evans, Pool Operations Manager
Bruce Andersen, HAC Head Coach
Kevin Breza, Aquatics Program Assistant
Ron Tillman, Community Center Manager
John Walsh,
Assistant Community Center Manager
Suzanna Swalboski,
Indoor Tennis Manager
Julie Foechterle, Preschool Director
Karen Tsitos, Head Personal Trainer

Recreation Supervisors

Kimmie Alcorn,
Special Interest, Arts & Crafts, Camps
Jane Grannis, Fitness
Tim Lander, Sports & Community Events
Holly Popple,
Performing Arts & Community Events
Thomas Schoenauer,
Wellness, Sports & Community Events

Department Sponsors

A special thanks to the following companies for supporting our department programs and events:

PLATINUM:



SILVER:

Passanante's
Home Food
Services

If you would like to learn the benefits of being a department sponsor, please contact our Marketing Specialist at 703-435-6800 x2104.

How Registration Works

Town of Herndon residents receive priority registration. Open registration by any of our four convenient registration methods will begin for TOH residents at 10am on Wednesday, February 10. Open registration for Non-TOH residents will begin at 10am on Tuesday, February 16.

What does TOH and NR mean?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC).

- Town of Herndon (TOH) residents receive a discount on classes and programs. Proof of residency is required. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 29 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is complete prior to non-resident registration date.
- Non-TOH residents (NR) are people living outside the Town of Herndon limits.
- Town Residents may not register non-residents at the discounted TOH rate under their household account.

How do I know if I live in the Town of Herndon?

An easy indicator is if your car's personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, call **703-787-7300** or go to: herndon-va.gov, and click on **Parks and Recreation** on the left side of the page, click on **About Parks and Recreation**, then click on **Frequently Asked Questions**.

Can I still participate if I don't live in the town?

Absolutely YES! Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on February 16.

Forms & Fees

Use one form for each household. Make checks payable to the "Town of Herndon." Registrations with incorrect payment will be returned unprocessed.

Late Enrollment

Missed the first class day? We still want you to get your workout this session. Aquatics Water Workout and Fitness Studio Small Group Training classes only will accept late enrollment when there is space in the class, and both the Program Supervisor and instructor approve. Consideration is given to the impact on, and quality of, the class on a case-by-case basis, and does not apply to personal absences for missed classes due to vacations, medical appointments, business travel, and so on. If accepted, fees are applied at 100% until the midpoint of the class, and at 75% of the full class fee after the halfway point. Participant must register in person once approval is obtained.

Participation Open to All

HCC programs and facilities are open to all citizens, regardless of race, color, national origin, sex, age or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities so that they may participate in services, programs or activities offered by the TOH. Please call **703-787-7300** at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

Attention Seniors!

Senior adults, age 65 and over, receive a 50% discount on classes, except where noted.

Supplies/Equipment

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

Class Cancellations

The TOH reserves the right to cancel any class that does not meet minimum enrollment. If your class is canceled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not canceled due to low enrollment.

Registration Options

Open registration dates apply to ALL registration options—10am on February 10 for TOH residents, and 10am on February 16 for Non-TOH residents. Registration options are listed in order for the best advantage. Proof of residency is required.

1. **ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available at herndon-va.gov. Once your account is established, and the registration period has opened, you may enroll online any time. Registration for classes with this icon **NOR** is not available online. Acceptance of our liability waiver will be required prior to registration.
2. **IN-PERSON** registration beginning 10am, February 10 for TOH residents; and 10am, February 16 for Non-Town residents. Walk in to the HCC anytime during regular business hours (see Community Center Hours—page 2). Proof of residency is required.
3. **MAIL** a completed form and check, money order or credit card payment to: Herndon Parks and Recreation, P.O. Box 427, Herndon, VA 20172
4. **FAX** a completed form with a VISA, Master Card, American Express or Discover number and expiration date to: 703-318-8652. (Faxed registrations cannot be verified. A receipt will be mailed when processed.)
5. **DROP OFF** a completed form with check, money order or credit card payment into the drop boxes at the reception desk of the HCC. Forms are processed at the end of the day.
6. **NOTICE:** In accordance with the Code of Virginia, a fee in the amount of fifty dollars (\$50) will be collected for every check returned to the Town of Herndon.

Refund Policy for Classes & Programs

Time Frame	Refund	Credit on Account
5+ days before class/program starts	Less 15% service charge	Full
4 days before class/program starts until beginning of class	No*	Full with service charge less 15%
After class/ program starts up to halfway point of class/program	No*	Prorated, less service charge
After halfway point of class/program	No*	Prorated, less service charge
* Exemptions: Medical reasons (with a doctor's note preventing participation in class/program) or relocation 20 or more miles	Prorated, no service fee	Prorated, no service charge

1. Full refunds are issued if classes are already filled or a class is canceled due to minimum enrollment not being met.
2. Service charge is 15% of registration fee, and applies to refunds and credit on account, as noted in chart.
3. All refunds are made by credit card or town check depending on initial method of payment.
4. Prorated values are calculated based on the remaining classes at the time that the request is received by the department.
5. No refunds or credit on account are given to those who have insufficient fund balances.
6. Some programs, including trips, events, swim team and preschool, have a more stringent refund policy that is noted in the program information.
7. Admission passes are nonrefundable, except due to medical circumstances, or patron moves more than twenty miles away.

Registration is Easy!

Registration for Town of Herndon Residents begins on **Wednesday, February 10** at 10am.
Registration for Non-Town of Herndon Residents begins on **Tuesday, February 16** at 10am.

PHONE: 703-787-7300
FAX: 703-318-8652

99.4% of Town of Herndon residents surveyed were satisfied with customer service at the Herndon Community Center.

Sign Up Now!

Use one form per household.

Complete this form and be sure to note your first, second, and third choices.

TOH = People who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

Proof of residency may be required.

You may donate to the Parks & Recreation Scholarship Fund **NOR**. All scholarship funds are used to enable those who are unable to participate in programs or camps.



Herndon Parks and Recreation Registration Form - Spring 2016

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F <input checked="" type="radio"/>	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.							

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.
MAKE CHECK PAYABLE TO: TOWN OF HERNDON
All returned checks are subject to a \$50 fee



MAIL TO:
Herndon Parks and Recreation
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed up to 5 days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

Signature: _____

OFFICE USE ONLY - Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and re-turning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____



Town of Herndon
Parks and Recreation
PO Box 427
Herndon, VA 20172-0427
herndon-va.gov
703-787-7300



join our newsletter...
parksandrec@herndon-va.gov



Herndon Parks and Recreation Department
Herndon Community Center

@herndonparks

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Trout Fishing Derby

AGE 2-15

**SATURDAY,
MARCH 12**
8:00AM-12:00PM

EVENT MEETS BEHIND
THE HERNDON POLICE STATION
ON SUGARLAND RUN TRAIL.

**START AN ANNUAL FAMILY TRADITION
AND JOIN US FOR THIS SPECIAL DAY!**

Many families experienced a relaxing and successful day catching their first fish last year at this event. **Limited fishing poles and bait are available for use.** In addition, Trout Unlimited will help clean and store your catch. Volunteers will be on hand to teach you how to bait, cast, hook, and cook your freshly-caught dinner. Please wear shoes you don't mind getting wet or muddy, no sandals. **All kids MUST be accompanied by an adult.** Teens and adults, age 16 & up, **MUST** have a valid Virginia State Fishing License to fish. Adults are not permitted to fish during kids fishing time. See staff for dates and times of extended fishing hours. Pre Registration through Friday 3/11 is \$8. Day of event registration is \$12, check or cash only. 450050.60

Dive-In
Featuring
INSIDE OUT
Movie

SATURDAY, MARCH 12
6:00PM

THE FILM WILL BEGIN AT 6:30PM
HERNDON COMMUNITY CENTER GENERAL ADMISSION FEE APPLIES.

**Easter
Egg Hunt**

details on PAGE 25

**Aqua Egg
Hunt**

details on PAGE 9